DEPP VS ORLANDO FEUD EXPLODES!

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Guess Who's Starving For Attention?

The Most SHOCKING COSMETIC TRENDS!

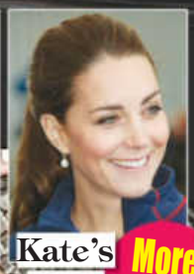
Kris: Puppet Face-lifts

Christie: Cat-Litter Scrub!

Tyra: Eats Tapeworms

+ Royal Surgery Secrets REVEALED!

Camilla's Tummy Tuck



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REAL LIFE

'My Flab Makes My Marriage Fab'

'My Stripper Daughter Funds Our Surgery'

From Fire Victim TO Firefighter

A Day In The Life Of A Billionaire

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#What'sTrending

BY ANGELA BEKIARIS

ANOTHER week in Celebville to get us talking, laughing... and, of course, hashtagging!
#CelebNews
#OurFavesThisWeek
#HollywoodMemories
#PeopleMagLovesIt

Monday: #MCM (Man Crush Monday)

RIHANNA is one lucky woman 'cause let's be honest, **Lewis Hamilton** is one hot man! This week we're giving him the attention he deserves – not only does he have a face which melts our hearts, but also a naughty smile which gets **Rihanna**, and every other woman in the world, wanting a piece of the Formula One Driver.

WWW.ELITEPHOTOAGENCY.COM / GREAT STOCK

#NaughtyButNice

#KeepItUpKris

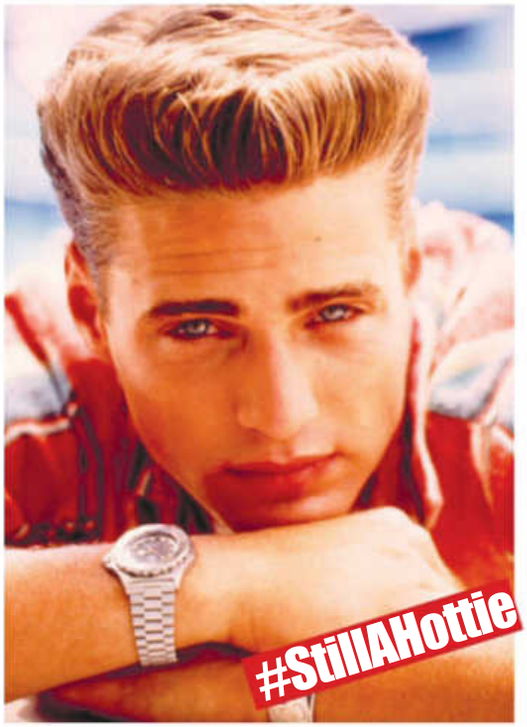
Wednesday: #WCW (Woman Crush Wednesday)

WE can't help but crush on **Kris Jenner** this week. While the family vacationed in St Barts – and all strutted their stuff in bikinis – it was mama **Kardashian** who got heads spinning in her little black two-piece and amazing figure. And while we know she's had a little nip and tuck here and there, we could only wish to look like that at 59!

#RealityDrama

Tuesday: #TBH (To Be Honest Tuesday)

CAITLYN JENNER recently met up with a matchmaker on her reality show *I Am Cait* to explore options for finding love. While everyone should be able to find and sustain love, we fear it's all too much, too fast for the star who is reportedly dealing with family issues too (see page 13). We say, take things slow...enjoy the attention and let love find you, **Cait**.



Thursday: #TBT (Throwback Thursday)

HE was once one of the hottest men in Hollywood – a poster boy for sure. *Beverly Hills 90210* star **Jason Priestley** just turned 46 – and for fans of the show, that's a bit of a shocker. We throwback to the days he got girls drooling on the hit TV show – along with his gorgeous co-stars – and we can't believe how fast the years have gone.

Sunday #SS (Sore Sunday)

IT seems many will be disappointed by **Usher**'s latest announcement. The singer, who prepares to get married for the second time – he proposed to long-time girlfriend Grace Miguel in January – has decided to elope, tying the knot in secret and out of the public eye. Many people, it seems, will be missing out on the wedding, after the singer cancelled his elaborate ceremony, and decided, after seven months of planning, to just run off together.

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Ed's Letter

Hello Everyone,

OMW! GASP! Is all I can say this week... From super-skinny bods to scary faces, we spotted some weird looking celebs, and we have to wonder, has Hollywood gone mad?! Lara Flynn Boyle and **Janice Dickinson** are both addicted to plastic surgery and have ruined their faces; see the exclusive pictures for yourself on page 15. Also, there's been a spate of shocking new cosmetic trends: From eating tapeworms and clay, to cat litter body scrub (yep, you read correctly!) – the stars are doing it all! It seems the Hollywood elite will stop at nothing to look good – turn to pages 16 and 17 to read this bizarre story!

Enjoy another crazy week!

Andrea

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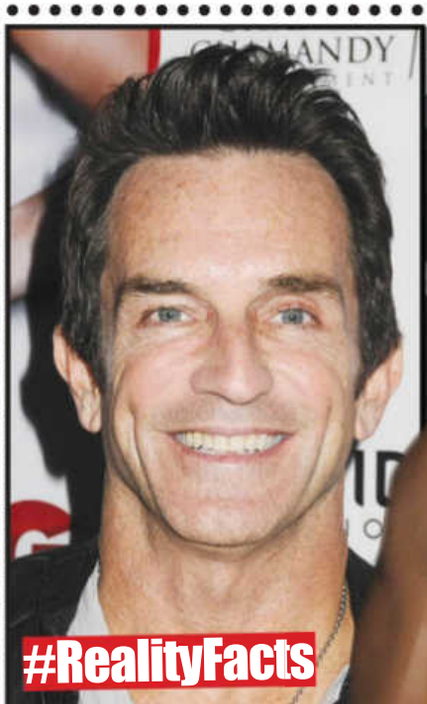

Friday: #FFF (Fun Fact Friday)

DID you know as far as reality shows go, it's often said that *Survivor* maintains fairly high standards in terms of the 'real' footage audiences are shown? However, sources say even *Survivor* producers have used stand-ins to re-stage challenges so that cameras can capture better footage for television.

Saturday: #SS (Shirtless Saturday)

JASON DERULO got pulses racing during a recent performance – and it wasn't thanks to his music. The gorgeous singer, who sang shirtless in tight white pants, got our hearts beating fast – and we weren't even in the audience! If this is how he always performs, we want tickets!

#peoplespotted

BY PEARL MPHUTHI

SPLASHNEWS.COM

PEOPLE EXCLUSIVE PICS!

She's Into Watersports!

The Paddling Princess

WHERE does one go when the business of being a Monégasque Princess becomes a little too much and one needs a break? The south of France, that's where. The Riviera, to be more precise. That's where Her Serene Highness **Princess Charlene** of Monaco was spotted taking in the sun, surf and sand on a recent break. The Zimbabwean-born royal, married to **Prince Albert II**, is looking amazing, considering she gave birth to twins Jacques and Gabriella in December last year! **Charlene** is a natural in the water, having represented South Africa at the Olympic Games in 2000. It's great to see our **Charls** looking hale and hearty, but then again, who wouldn't? It's the French Riviera, darlings!

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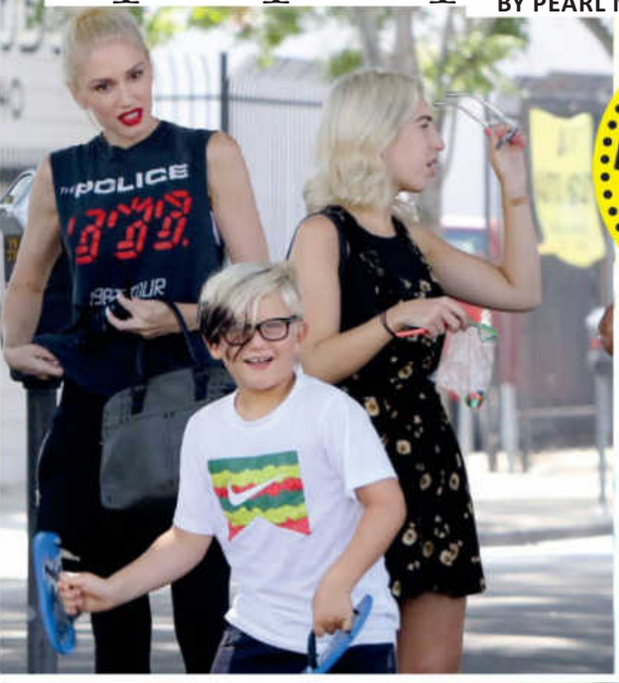
#peoplespotted

BY PEARL MPHUTHI



PEOPLE EXCLUSIVE PICS!

PICS: WWW.ELITEPHOTOAGENCY.COM

No Doubt Mommy Knows Best

AMERICAN singer and fashion designer **Gwen Stefani** was spotted doing her mommy duties with her boys. The famous 45-year-old star was seen visiting the County General Store in her neighbourhood and the boys seem to be very happy to be having some bonding time with their fabulous mother – well, who wouldn't? We love **Gwen**'s unpredictable taste in fashion and wonder who inspires her daily outfits? And have you seen how smoking hot her physique is? And she's a mother of three!

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A Night At

BY PEARL MPHUTHI

AN unforgettable night that celebrated music, fashion and the downright weird!

WHILE most of us thought that the 2015 VMAs would turn into the *Miley Cyrus* show after she was announced as the host – let's face it, the girl knows how to grandstand almost as well as Kanye West at these sort of things – Miley managed to make it seem the whole evening was dedicated to other artists too. It's time to take a look at the good, the bad and the fugly of the evening, which is the best part, right?

She's always been one for vajaz- – er – we mean bedazzling her fans

PICS: WWW.ELITEPHOTOAGENY.COM

For a second there we thought she'd misspelled 'me'...

Miley valiantly fought off a giant Smartie attack!

FKA twigs
So is this what the girls wore under their costumes at the Moulin Rouge?

Amber Rose And Blac Chyna
Ouch! Wearing all the names they've been called online, making for real 'statement' outfits

Pharrell Williams And Helen
'Cause they're happy doing it in denim

Chrissy Teigen And John Legend
As always, these two look, well, Legend-ary

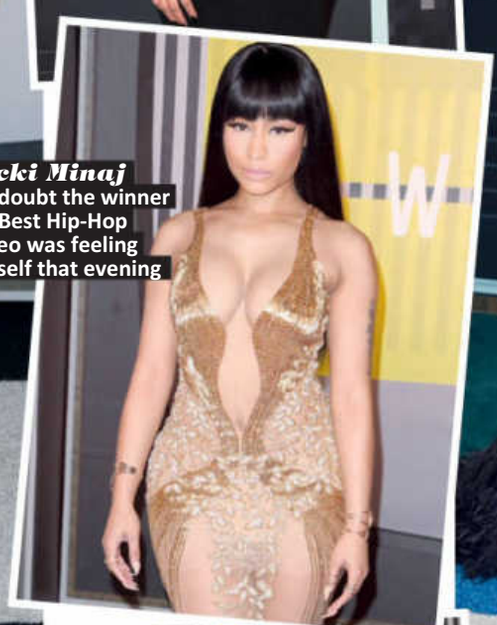
Miley's Unforgettable Fashion Moments At The VMA's

SHE has stunned with her out-of-this world personality and choice in fashion before, and this year she didn't disappoint. Sit down, relax and take a look at **Miley**'s outfit moments that made us say, "TJO!"

The VMAs

Brooklyn Beckham
Careful, David – soon you'll have to be bending it like Brooklyn!

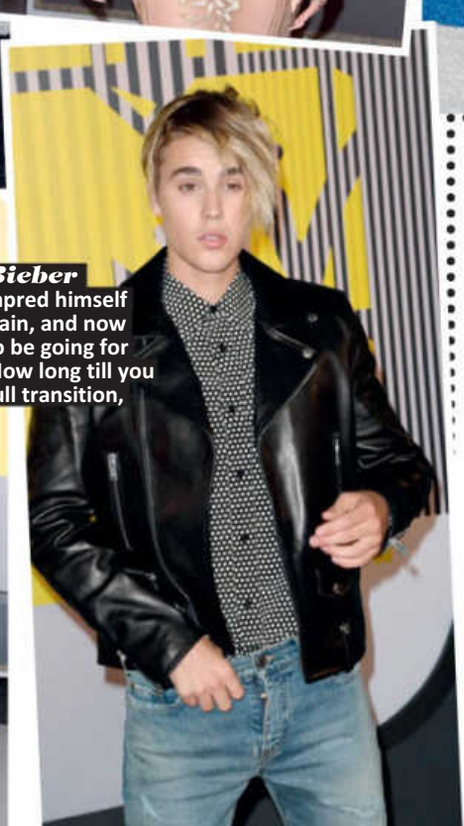
Selena Gomez
Selena's simplicity is simply stunning!



Nicki Minaj
No doubt the winner for Best Hip-Hop Video was feeling herself that evening

Rita Ora
They said she could be anything – so she became a feather duster

Kimye
We're not sure if he's just woken up or if she's just come back from safari. Either way, shame...



Justin Bieber
So he's compred himself to Kurt Cobain, and now he seems to be going for the hair... How long till you make the full transition, Justin?

And The Winners Are:

ENOUGH of the characters, though, and back to the actual awards, because, you know, some folks did win things. Here's the list of those who walked away with the coveted trophies:

Video of the Year: Taylor Swift Ft. Kendrick Lamar – *Bad Blood*
Best Male Video: Mark Ronson Ft. Bruno Mars – *Uptown Funk*
Best Female Video: Taylor Swift – *Blank Space*
Best Hip-Hop Video: Nicki Minaj – *Anaconda*
Best Pop Video: Taylor Swift – *Blank Space*
Best Rock Video: Fall Out Boy – *Uma Thurman*
Artist to Watch: Fetty Wap – *Trap Queen*
Best Collaboration: Taylor Swift Ft. Kendrick Lamar – *Bad Blood*
Video With a Social Message: Big Sean Ft. **Kanye West** and **John Legend** – *One Man Can Change The World*
Song Of The Summer: Five Seconds Of Summer – *She's Kinda Hot*
Best Art Direction: Jason Fijal – *So Many Pros* (by **Snoop Dogg**)
Best Choreography: OK Go, Air:Man and Morihiro Harano – I *Won't Let You Down* (by OK Go)
Best Cinematography: Larkin Sieple – *Never Catch Me* (by **Flying Lotus** Ft. **Kendrick Lamar**)
Best Direction: Colin Tilley & The Little Homies – *Alright* (by **Kendrick Lamar**)
Best Editing: Beyoncé, Ed Burke, Jonathan Wing – *7/11* (by **Beyoncé**)
Best Visual Effects: Brewer – *Where Are Ü Now* (**Skrillex** and **Diplo** with **Justin Bieber**)

Couple News

BY ANGELA BEKIARIS

Another Engagement Off For Robin & Ben

ACTRESS **Robin Wright** and *X-Men* star **Ben Foster** have broken up again – so yes, that's another Hollywood engagement down the drain. While the pair confirmed in January 2014 that they were going to wed, by November they had called it quits. However, after reuniting in January this year at the 2015 Golden Globe Awards, we thought this time they would make it to the altar. Sadly, *E! News* revealed recently that the two had split and called off their engagement a few months ago. **Wright**, 49, and **Foster**, 34, have not commented. **Robin**, who met **Ben** on the set of the movie *Rampart*, which was released in 2011, and began dating months later, had called the actor 'the hottest' in an interview, saying, "I'm very blessed." Earlier this year she also revealed, "I've never been happier in my life than I am today...I've never laughed more, read more... He inspires me to be the best of myself. There's so much to learn. It's endless. How great! It took me a long time to grow up. Love is possible as life is possible."

Cameron Completely Smitten With Benji

DESPITE rumours of a split between **Cameron Diaz** and **Benji Madden**, it seems the pair are completely smitten and loving life – and during a sweet night out, the two piled on the PDA. **Benji** took time away from filming *The Voice Australia* to take his wife out for dinner, where they were later joined by **Benji**'s brother, **Joel**. According to eyewitnesses, **Cameron** and **Benji** put on quite the loving display, walking hand in hand, while **Cameron**, who couldn't take her eyes off her husband, smiled endearingly.

GET THE GOSSIP FOUR DAYS BEFORE THE MAG REACHES THE SHOP! TURN TO PAGE 17 FOR MORE ON ZINIO.

DEPP & ORLANDO Feud Explodes!

JOHNNY DEPP is livid that producers have called in **Orlando Bloom** to 'rescue' the latest *Pirates Of The Carribean* film.

Movie heads have called on Orlando to save the project

PICS: WWW.ELITEPHOTOAGENCY.COM / GREATSTOCK

BY MARTIN SMITH

Johnny's fall off the wagon has also caused strain in his new marriage

JOHNNY DEPP is reportedly fuming after movie bosses agreed to pay Orlando Bloom R65-million for just a couple of weeks' work – to save the new *Pirates Of The Caribbean* film from disaster.

And worse still, **Orlando** is swaggering around telling everyone that he's the true star of the movie!

"**Johnny** went nuts when he found out that they'd sent an SOS to **Orlando**," dishes an insider. "There's no love lost between them."

Now insiders fear that the two men will come to blows when they reunite later in September on the Queensland, Australia, set of the movie.

The film hit trouble earlier this year after **Depp**'s boozing wrecked production and he went back to America for treatment on a mysterious hand injury, and to clean up his act.

Filming was forced to shut down for most of April while everyone waited for **Johnny** to sort out his issues and return.

Pirates Of The Caribbean: Dead Men Tell No Tales is the fifth in the hit series, but it's reportedly massively over budget and running behind schedule, largely thanks to **Depp**, 52, who is said to have hired a sobriety coach to help him deal with his ongoing booze battle.

Before making it big in Hollywood, **Johnny** had alcohol problems and did a lot of drugs. But he cleaned up his act as he became a superstar. However, in the past two or three years, he is said to have fallen off the wagon.

It's caused trouble in his seven-month marriage to actress **Amber Heard**, 29. The pair have been spending more time apart than together – even though **Amber** has had few work commitments since they tied the knot.

Now honchos have begged **Orlando**, 38, to return to give the movie some much needed spark. "But that's not gone down well with **Johnny**," dishes a source. "There has long been bad blood between them. They can't stand each other. They argue all the time over everything – and there's a real nasty rivalry between them."

Indeed, it's said that **Depp** only agreed to reprise his role as Jack Sparrow on condition that **Bloom** wasn't starring alongside him.

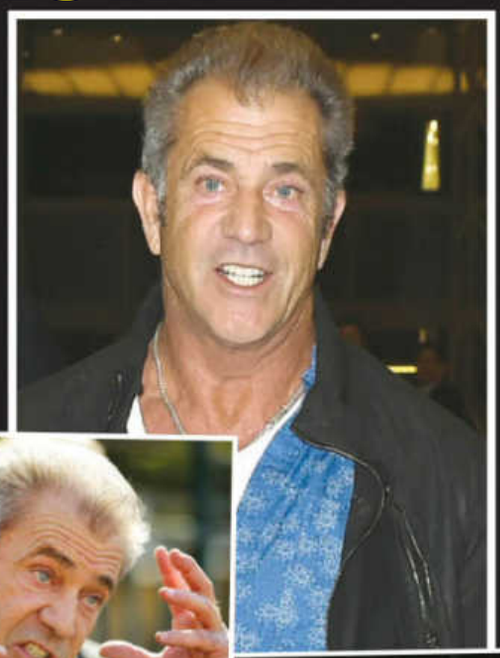
"That's why **Johnny** is so angry that they have sent for **Orlando** to save the day. When he heard the news, he almost packed up and went home to California. But he was warned that he would be in breach of contract, so he reluctantly agreed to stay," reveals the source.

But now cast and crew are on edge waiting for the two men to come face-to-face for the first time on set.

"Things could get very nasty," says the source. "And after **Orlando** tried to bash **Justin Bieber** last year everyone knows he can lose his temper. The mood **Johnny** is in could see things get very explosive. It's like a tinderbox waiting to go off on set. Things could get very ugly and **Johnny** had better watch out!"

Mad Mel's Mental Meltdown!

MEL GIBSON'S much younger lover is begging the *Mad Max* star to get help after his latest crazy outburst.



BY MARTIN SMITH PICS: WWW.ELITEPHOTOAGENCY.COM / GALLO IMAGES

FRIENDS close to Mel Gibson, 59, fear the star could be heading for the mental ward! "He's headed for big trouble if he doesn't mend his ways," dishes an insider. "It looks like he's spiraling out of control... again!"

The Aussie actor went nuts outside a cinema in Australia, August 23, it's claimed.

Photographer Kristi Miller, who works for the *Sydney Daily Telegraph*, claims that she was pushed and verbally abused by **Mel**.

"I thought he was going to punch me in the face," disclosed the mother-of-three, who has been a camerawoman for 21 years.

"He was spitting in my face as he was yelling, calling me a dog, saying I'm not even a human being and I will go to hell. He swore and called me the 'c' word. It was non-stop, he didn't even breathe," she says.

The *Lethal Weapon* star is said to have gone ballistic after the photographer snapped him with his girlfriend, Rosalind Ross, 24, as they walked along Oxford Street in the Paddington district of Sydney. **Gibson** only calmed down when Ross intervened. His rep later claimed that he reacted because he was being 'harassed'.

The latest rampage occurred when he was photographed with new girlfriend Rosalind Ross

Now a source has revealed that just days earlier **Mel** was involved in another flashpoint. The filmmaker is currently back in his home country to work on his new movie, the World War II drama *Hacksaw Ridge*. During a planning meeting for his upcoming film 'he started getting angry for no apparent reason, then just got up and stormed out,' reveals the insider.

"He disappeared for hours, then came back and carried on as if nothing had happened. It was totally bizarre."

Despite his latest worrying incidents, girlfriend Rosalind has pledged to stick by **Mel**. The hot-headed former hunk began dating the aspiring screenwriter earlier this year.

"It freaked her out because she has never seen him like this before," says the source. Now she is begging **Mel** to have anger management sessions, something he was last forced to undertake after he admitted to slapping his ex **Oksana Grigorieva** during an explosive confrontation in 2010.

Mel was charged after beating his ex Oksana in 2010

The 45-year-old Russian singer, who is mom to **Mel**'s daughter Lucia, five, claimed she was punched by **Gibson** and needed dental work for damaged teeth. **Gibson** pleaded no contest to one count of misdemeanour spousal battery. He was sentenced to three years of probation, domestic violence counselling and two days of community service.

Friends of Rosalind think she is crazy to get involved with **Mel**, who has hit the headlines repeatedly over the years for his drunken rants, homophobic and anti-semitic slurs, and alleged violent threats.

"They are warning Rosey to ditch him before anything bad happens to her," says the friend. "But she's in awe of him. And she seems to think she can save him. But **Mel** never seems to mend his ways. If he carries on like this he's going to end up in the psych ward!"

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Couple News

BY ANGELA BEKIARIS

Kourtney Won't Continue KUWTK With Scott

ACCORDING to recent reports, **Kourtney Kardashian** has threatened to leave reality TV show *Keeping Up With The Kardashians* if ex **Scott Disick** continues to film episodes. While their crazy relationship has been one of the biggest storylines on the hit show, it seems **Kourtney** – who finally threw **Scott** out after years of cheating and substance abuse – will no longer be a part of it all if **Scott** is involved.

"**Kourtney** has wanted to leave reality television for some time now, and does not plan on signing onto another contract once this one is up," says a source. Unfortunately for her, the family recently renewed their deal with a four-year contract, and the insider said she's anxious to find a loophole.

"Meanwhile, she has told the producers at E! that she will refuse to film if **Scott** is on the show. **Kourtney** told the producers that they basically have to choose between keeping **Scott** on and having her continue. She does not want to talk about the breakup on the show. She knows that they want to make this into another plot for the upcoming season, but she is not willing to compromise on this."

Rancics Celebrate Duke's Birthday

CAN you believe Duke Rancic is already three years old? Proud parents **Bill** and **Giuliana Rancic** celebrated the day by throwing a party in Chicago, where Duke was treated to a special post on Instagram from his proud mom. "My little boy today on his 3rd birthday. Thank you for teaching me what life is really about," she wrote. "Even though you're now a little boy, you will always be my baby. Happy Birthday, Duke." **Bill** added: "Happy 3rd Birthday Mr Duke!!!!"

BY ANGELA BEKIARIS

Kardashians Turn Against Caitlyn

IT seems while **Caitlyn Jenner** is finally enjoying life, her **Kardashian** family are turning against her. Sources have learned that the people around her miss her old personality, and while son **Brody Jenner** and the rest of the **Jenner** kids are in a feud with the reality star, the **Kardashian** clan have turned their backs on her too. "**Caitlyn** is so far removed from the person that she was prior to the transition that some of her stepdaughters cannot even stand to be around her right now. She is living for the spotlight now, whereas she always used to hate it. It is really making people wonder about her intentions because she does not even acknowledge her past life anymore," reveals a family insider, who adds, "**Brody** just doesn't want to be a part of the publicity circus."

Madonna Wants Penn Back

ACCORDING to insiders, **Madonna** is going all-out these days to win ex **Sean Penn** back. Sources say that with **Sean** being single again after recently splitting from **Charlize Theron**, the Queen of Pop wants the actor back. Apparently insiders are saying 'it's only a matter of time'. While she's got everything a woman could want, her love life has been unlucky, and it's believed she'd like to go back to the beginning. Insiders note the diva was devastated when **Penn** eventually got into a relationship with actress **Charlize Theron**, 40. "**Madonna** adores **Sean** and would give anything to have another shot at love with him," adds the source. "No other guy has come even close in terms of meeting her standards, satisfying her physically and being intellectually stimulating." So she's going all out to win back her 55-year-old former flame. "She has been sending him gifts and suggestive messages – and many believe it's only a matter of time before he cracks."

PICS: WWW.ELITEPHOTOAGENCY.COM / GREAT STOCK

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SCOTT AND LAMAR'S EXPLOSIVE TELL-ALL

BY EL BROIDE

AFTER breaking up with the world's most famous family, these bad boys are out for revenge!

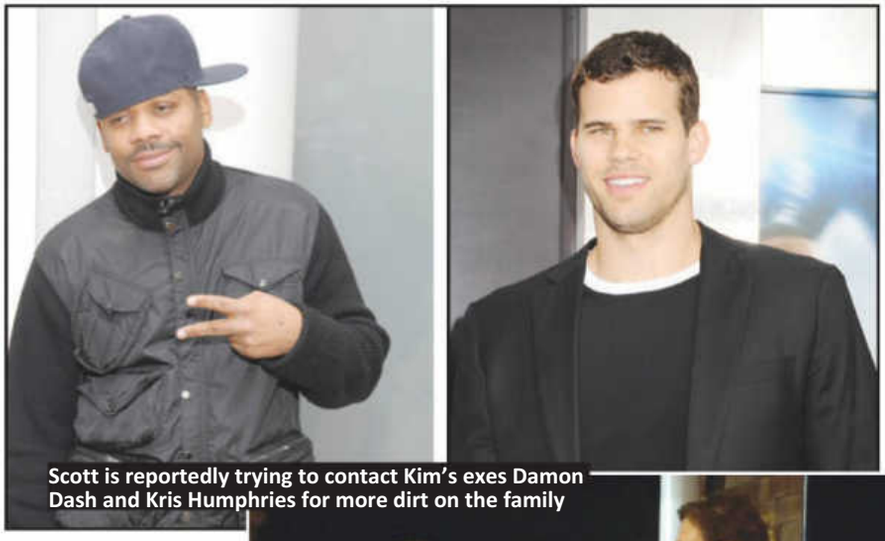
Lamar wants to dish about what he says is Khloé's drinking problem

WE all know that Scott Disick and Lamar Odom have a bit of bad boy in them, but we never thought that the two would gang up on the Kardashians for an explosive tell-all book, which will reveal the family's deepest and darkest secrets. According to a new report, however, the two are joining up to write such a volume, and they're going to make millions!

Says a source, "Both **Lamar Odom** and **Scott Disick** feel used and betrayed by **Khloé Kardashian**, **Kourtney Kardashian** and especially by momager **Kris Jenner**, that they are banking on a R60-million book deal that's only further sweetened by the prospect of revenge." The two believe that appearing on the family's hit show *Keeping Up With The Kardashians* has ruined their personal and professional reputations and now that they're done with the family – they're finally seeking revenge and nothing is off limits! It was, reportedly, **Scott** who approached **Lamar** about writing this book as he knew that 'it would sell like hotcakes'. Now, **Scott** has even reached out to **Kim**'s ex-husbands, **Kris Humphries** and **Damon Dash**, to get even more dirt on her!

"They have so much dirt, they could destroy the family's brand and career forever," an insider says. "**Scott** and **Lamar** have nothing to lose by dishing everything they know." So what exactly are the duo planning to write about? Well, insiders reveal that, despite both being

Kim will also be in the firing line



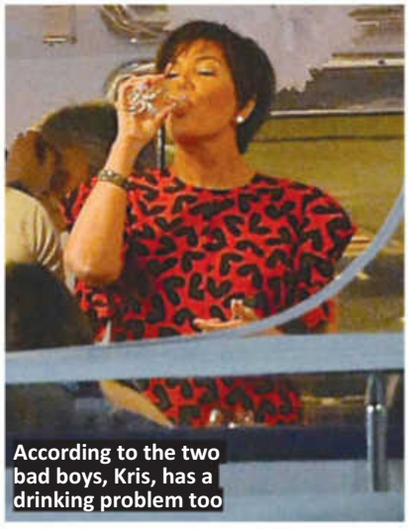
Scott is reportedly trying to contact Kim's exes Damon Dash and Kris Humphries for more dirt on the family

substance abusers themselves, **Scott** and **Lamar** are planning to expose **Khloé** and **Kris**' drinking problem. "They drink a copious amount of alcohol, and despite the family begging them to get help, **Khloé** and **Kris** admit that it helps them get through their stressful day." Drugs are also a constant around the **Kardashian** and **Jenner** households and the book is set to expose the family's addiction to 'cocaine, Xanax, Ambien and prescription diet pills'.

Scott has come to realise that without being tied to the **Kardashian** name, he is going to be making less money. According to a source: "Now people are wondering what he has to offer, and those who worked with him previously are steering clear." **Kris**, being the protective mother that she is, is actively ruining **Scott**'s reputation and it's making his decision to release his tell-all book that much easier. "She's getting to any promoter she can and pulling the plug on his events. The **Kardashians** are more powerful in the industry than **Scott**, as he's quickly realising it," the source says. "**Kourtney** has cut **Scott** off... He's hoping that the tell-all will make him financially set for life."

Scott has always been against **Kylie**'s lip injections and plans on revealing just how much the family relies on these types of injections to stay youthful in appearance. "**Kris Jenner** allegedly encouraged **Kendall** and **Kylie** to start using Botox and fillers while they were still teens." The source also reveals that since **Kylie** has only just turned 18, it's always been **Kris** signing off any of her cosmetic procedures!

As for **Lamar**, he's always been close to former brother-in-law **Rob Kardashian**, who has been dealing with depression and weight gain over the past two years and finds the way he has been treated



According to the two bad boys, Kris, has a drinking problem too

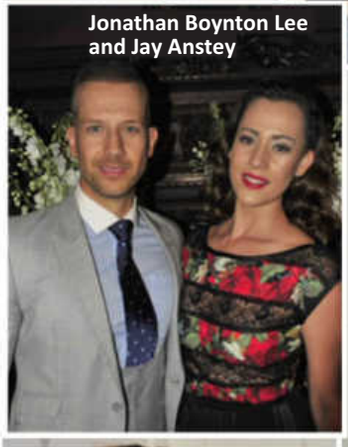
by his family despicable. "**Kris** and **Kim** have repeatedly humiliated **Rob** about his weight, which has led him to retreat behind the gates of **Khloé**'s gated community and hole up in her house," an insider spills.

The duo also plan on revealing just how scripted *Keeping Up With The Kardashians* really is and how the show is designed to maximise the family's profits. This will include **Kris**' strategy to leak family secrets to news outlets and how it was, in fact, **Kris** who 'leaked' **Kim**'s sex tape in the hopes of starting this empire.

Scott also plans on exposing just how fake **Kim**, **Kourtney**, **Khloé** and **Kris** are when it comes to supporting **Caitlyn Jenner**'s transition into a woman. "While they preached acceptance on social media and made nominal appearances on *I Am Cait*, behind **Caitlyn**'s back they have been vicious and critical of her life change," the source reveals.

Kim Eagle and Mampho Brescia

David Van Heerden and Nicole Flint



Jonathan Boynton Lee and Jay Anstey

Tamerin Jardine

Claus Peter Jakobsen

Maps Maponyane

Pandora Autumn/ Winter 2015 Collection Revealed:

BY TAMIKA MILLER

PANDORA was created to celebrate women and the special moments in their lives, and that is exactly how we felt as we entered a fairytale world on August 25. Pandora jewellery is completely hand-crafted and unique in its own way. It allows women to wear their memories wherever they go and express and share those memories with the people around them. Many of Johannesburg's A-listers, like **Maps Maponyane** and **Jay Anstey**, shared the evening with Pandora, admiring the radiant jewels over canapés and champagne. The Pandora team were fabulous on the night and an amazing time was had by all who attended.

ED SHEERAN'S Booze & Drugs Hell!

THE popular hit-maker is taking time out for the next few months in order to overcome his demons.

ED SHEERAN is quitting music for the next six months to go back home to live with his parents in rural England, amid reports that he is boozing, doing drugs and partying too much.

The carrot-topped singer-songwriter is even planning to do voluntary work in a charity shop in the hope it will help him overcome his demons.

"**Ed**'s mom and dad begged him to take time away from his career and clean up his act," reveals a friend of the *Thinking Out Loud* hit-maker.

"The pressures of everything have got too much for him. He's a really down-to-earth guy who works incredibly hard, but he's succumbed to some of the temptations put in front of him. He's been turning to booze as an escape and sometimes dabbling in harder stuff, too. He thinks deeply about everything and he's been going through hell lately."

Ed has previously admitted to taking the 'danger drugs' ecstasy and MDMA, and being a long-time pot smoker.

"It happens when I am under a tremendous amount of stress and pressure, and things just build up," he confessed a few months ago.

The 24-year-old is also said to be lonely and desperate for a serious romance after splitting from his girlfriend of a year, Athina Andrelos, in February.

Making matters worse, just as **Ed** was breaking up with Athina, his close friend **Taylor Swift** began dating **Calvin Harris**. And the pair are now very much in love.

"**Ed**'s as jealous as hell. He's always been crazy about **Taylor**," says a close friend. "He'd love for them to become a couple, but she's never been interested in turning their friendship into romance. It's one of the reasons that he's feeling so bad about himself right now."

Just lately, he's been linked singer **Nicole Scherzinger** and model **Louise Johnston**. But insiders say that they are just friends, even though **Ed** 'wanted more'.

That's why loved ones are so relieved that he's agreed to step away from his career and spend the next few months back home at parents John and Imogen's home in the village of Framlingham in Suffolk, England.

"He just needs a break from the crazy world he's been living in these past few years," says the source.

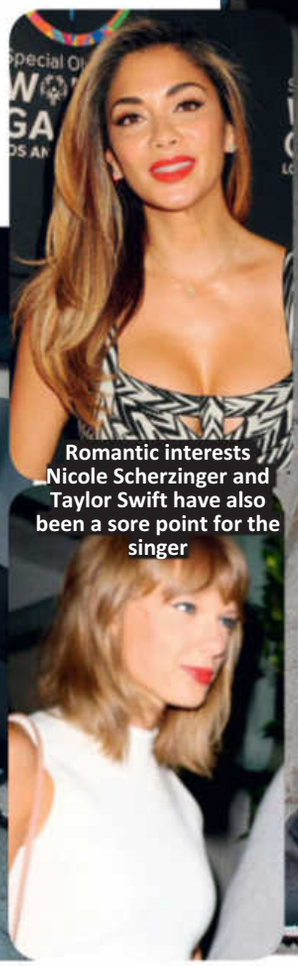
As part of his 'therapy' he is even planning to work at the Sue Ryder charity shop nearby. And he is planning to turn an old police station into a youth club for local kids.

"It's been a worry for those close to him for a while. And now they have convinced him to take time out and re-gather himself.

Ed has worked non-stop for the past five years as he has gone from being a nobody to a worldwide superstar.

"There's a real fear that he'll crack up if he doesn't take his foot off the accelerator," dishes the source. "He's a simple kid from the country and he's struggling to cope..."

Sources close to the star claim the pressure of fame has been getting to him and he's struggling to cope



Romantic interests Nicole Scherzinger and Taylor Swift have also been a sore point for the singer

BY MARTIN SMITH / PICS: WWW.ELITEPHOTOAGENCY.COM / GALLO IMAGES

Celeb **Body Shockers!**

BY EL BROIDE

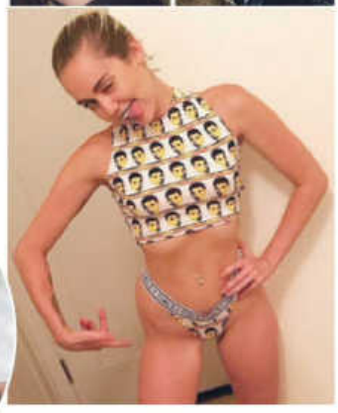
FROM super-skinny to scary faces, these celebs shocked us with their new appearance!

WE'RE used to seeing these celebs in ball gowns, with make-up on and surrounded by the luxurious and the beautiful. However, there have been a few celebs whose bodies have changed over the past few months and left us with our jaws on the ground! These are the stars that have shocked us the most this season! Take a look at our all-new Body Shockers!

PICS: WWW.ELITEPHOTOAGENCY.COM / GREATSTOCK / MAGAZINE FEAUTURES / PAN MEDIA

Janice Dickinson

WE all know how much **Janice Dickinson** loves plastic surgery, right? But the 60-year-old star was spotted on the beach recently and we couldn't help but notice that the thousands of dollars she spent on surgery was unravelling in front of our very eyes!



Miley Cyrus

POOR, **Miley**! The star has been many of late after posting pictures of herself looking incredibly thin – and now, insiders suspect she may have an eating disorder! "Do you even eat? Looking kind of skinny there mate it's kind of disturbing," a worried fan wrote on her Instagram account. **Miley**'s jutting hipbone and concave stomach are constantly on show and her friends and family are incredibly concerned. After breaking up with **Patrick Schwarzenegger** earlier this year, the star weighed only 45kg but still reportedly refuses to admit that there is something wrong with her!

Katie Price

FOR someone who has had five children, **Katie Price** looks incredible! However, those close to the star reveal that **Katie** is so obsessed with becoming thinner, and she received a lot of backlash after posting this picture on Instagram recently. "You can see her freaking ribs," a fan commented before calling her a 'bad role model'! "I know I'm very lucky to look like this after five children and can only thank my mom and dad's genes," she said. Suuure.

Cheryl Fernandez-Versini

THE X Factor judge has always been under scrutiny for being too thin, and there *have* been times when we thought that such reports might be exaggerated. Lately, however, the star *has* been looking incredibly thin and we're wondering what the problem is! **Cheryl** has become so thin, in fact, that a fan called her a 'bag of bones' on Instagram, to which **Cheryl** replied, "No, I'm not anorexic." Let's have a chat about those Instagram trolls over a burger, shall we, **Cheryl**?

Vanessa Paradis

JOHNNY DEPP'S baby mama had everyone's eyes on her for the wrong reasons while enjoying a day at the beach in Greece recently – and no, it's not because she was topless! The French model shocked everyone with just how skinny she was and how visible her ribs were! "I definitely look after myself more than I used to," she said recently. Uh, are you sure about that, **Vanessa**?

Lara Flynn Boyle

WHOA! We could hardly recognise **Lara Flynn Boyle** when she was on a recent shopping trip in Westwood, California, recently. The former *Twins Peaks* star looks like she's been the recent victim of a savage bee attack! **Lara** reportedly underwent corrective surgery to reverse some of the surgery she had done a number of years ago. Um, we hope there was a money-back guarantee on that, **Lara**.

Tori Spelling

OMG! What happened to your face, **Tori**? The *True Tori* star was spotted leaving Calabasas Medical Spa shortly after getting a chemical peel a short while ago and her skin looked incredibly raw. The star, who gets her face peeled a few times a year, looked comfortable with the pain though, despite her appearance of having lost a fight with potato peeler. Someone warn us next time before we get a heart attack!

Hollywood's Sho

Cosmetic Tre

BY EL BROIDE

FROM lasering thigh gaps to eating tapeworms, Hollywood's elite will stop at nothing to look good!

BEING under constant public scrutiny has driven some of Hollywood's elite to try some weird, wacky and downright dangerous procedures as they head out on a mission to look better than they have ever looked before. This week we take a look at nine of the scariest, most shocking new trends that are taking Hollywood by storm – and they're not pretty!

Eating Tapeworms
Who's Done It: Tyra Banks
Cost: Varies

BACK during her days on *The Tyra Banks Show*, the model used to swear by the controversial diet which included swallowing a tapeworm whole – and alive! The parasite then reportedly shifts up to a kilogram a week without any dieting. Says a source, "The tapeworm secretes proteins in the intestinal tract that makes digestion of food much less efficient. A less effective digestive system means you can consume more calories through your food since your 'body guest' is also noshing on them for its own growth." Would someone pass us a bucket, please...

Eating Clay
Who's Done It: Shailene Woodley
Cost: Varies

WHILE we may consume fresh fruit juices with antioxidants for an an internal body cleanse, celebrities such as **Shailene Woodley** prefer to eat clay. The *Fault In Our Stars* actress admits that she feels it's 'one of the best things you can put in your body'. What does eating clay, however, do for you? According to our source, the clay 'bonds to negative isotopes... It also helps out clean heavy metals out of your body'. We don't know about you guys but we will skip this one.

Calf Implant Surgery
Who's Done It: Jessica Simpson
Cost: From R47 000

HAVING bulging calf muscles is incredibly sexy, we'll admit, and **Jessica Simpson** loves showing hers off – although she seemingly decided to ixnay the gym and get hers courtesy of the local plastic surgeon. "Calf muscles are generally very hard to grow. **Jessica** seems to have very well-defined calves that make it more likely that she has had calf implant surgery," a source reveals. **Jessica** says that criticism over her shape empowered her to 'rise up and stand up for all the women out there who do have trouble losing the weight' – Not sure what losing weight has to do with implants, **Jess**, but anyway...

Puppet Face-Lifts
Who's Done It: Kris Jenner
Cost: R48 000

THIS is called a puppet face-lift because threads are inserted under the skin to lift features that have started to sag, and to smooth out lines in the face. It's been reported that TV's most infamous mom, **Kris Jenner**, underwent one of these surgeries before **Kim** married **Kris Humphries** back in 2011. "I did have a little freshening up," **Kris** admitted recently. "Well, after **Kim** used to start calling me 'gobble, gobble' at Thanksgiving. I mean, that's nice, isn't it?"

PICS: WWW.ELITEPHOTOAGENCY.COM / GREATSTOCK

cking New ends

Faeces Injected Into The Stomach
Who's Done It: Pete Evans
Cost: Varies

HOW we wish we were pulling your leg with this one! Known as a faecal transplant, this procedure has been known to help celebrities deal with depression, obesity and other illnesses. *My Kitchen Rules* judge **Pete Evans** swears by this and recently posted a story on Facebook about a boy whose autism was being treated by having bacteria from a healthy guy transplanted into his own. We're not going to lie – this may be one of the craziest procedure shockers we have ever heard! Um...bon appetit?

Thigh Gap Lasers
Who's Done It: Khloé Kardashian
Cost: From R52 000

IT'S all about the thigh gap these days and celebrities like **Khloé Kardashian** are itching to be a part of the latest fad – and **Khloé** isn't afraid to get some help in reaching her goal! Earlier this year, the *Keeping Up With The Kardashians* star was filmed getting her 'whole butt, stretch marks and cellulite lasered' and the 31-year-old described it as the 'greatest' surgery ever! **Khloé** has also reportedly had her thigh gap sculptured through Zerona Cold Laser. The six-session plan blasts off fat cells, which are then naturally eliminated by the body. Many models have also been known to have their pelvic bone shaved down in order to look skinnier. Many can't lose weight so slimming down their pelvic bone is their only option.

Cat Litter Body Scrub!
Who's Done It: Christie Brinkley
Cost: Free if you own a cat!

DO you have cellulite that just won't go away? Simple solution: just use some cat litter (preferably unused) to scrub your body and get your smooth skin back in weeks! "I exfoliate my body from top to bottom – that's my thing," says model and actress **Christie Brinkley**. Rubbing the grains helps remove dead skin from your body and fights cellulite by improving your circulation.

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Part 2

PREPARE for a feast of bizarre facts, shattering real-life accounts from survivors, scandalous allegations and harrowing fatal flaws as, week by week, we piece together the mysterious puzzle behind one of history's most talked-about tragedies: the Titanic.

BY VANESSA PAPAS

A Watery GRAVE

FOUR days into her maiden voyage the unthinkable happened – the unsinkable sank.

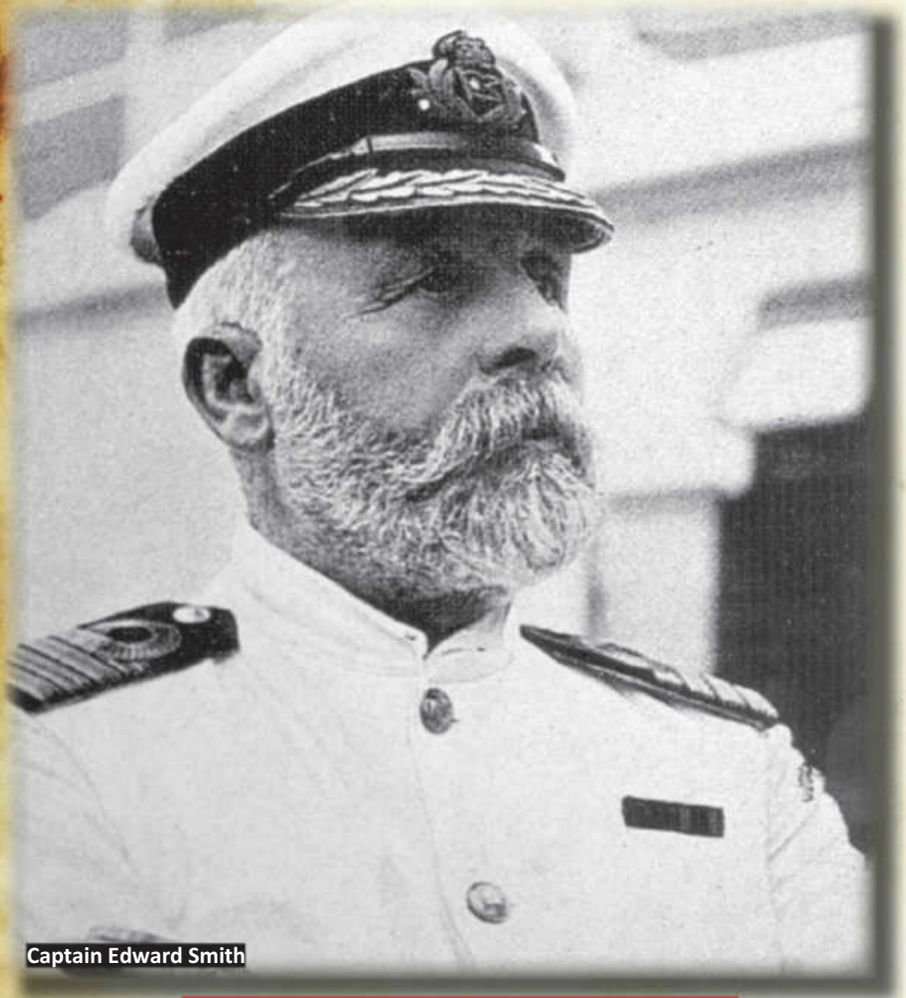
SHE was called the 'Ship of Dreams', a floating palace that was as luxurious as she was safe; but on a calm and clear night, the largest ship afloat sank to a watery grave, taking with her about 1 517 lives.

Titanic was one of the deadliest maritime disasters in history. Last week we looked at the engineering behind this historical British passenger liner. This week we count down the hours before the ship sank and outline fatal flaws experts believe led to her ultimate demise.

Under the command of Captain Edward Smith, Titanic left the port of Southampton in England on April 10, 1912, and headed for France, where it made a quick stop before sailing to Ireland. At these stops, a handful of people got off and a few hundred more boarded. The ship's passengers included some of the wealthiest people in the world, as well as hundreds of emigrants from Great Britain and Ireland, Scandinavia and elsewhere throughout Europe seeking a new life in North America. By the time Titanic left Ireland, heading for New York, she was carrying over 2 200 people (107 of which were children).

The first two days across the Atlantic was smooth sailing, but on the third day the Titanic began receiving a number of wireless messages from other ships warning about icebergs along their path. Despite potential danger, Titanic continued merrily on its way – steaming full speed ahead. The evening of April 14 was cold and clear, but the moon was not bright. The lookouts of the ship did not have access to binoculars and only spotted the iceberg when it was directly in front of the Titanic. The crew was about to swerve but the side of the ship scraped along the part of the massive mountain of ice that was below the water line. Within a matter of minutes water had started filling up the ship's watertight compartments. When Captain Smith examined the ship and found six compartments were breached he realised the ship would only stay afloat for one to one-and-a-half hours. Estimates had suggested that the boat could possibly 'limp' to shore with only four breached compartments, but with more than five breached the ship's fate was sealed. Captain Smith ordered the lifeboats to be uncovered and for the wireless operators to begin sending distress calls. Many of the passengers didn't take much notice. In fact they were laughing and joking – excited to see blocks of ice on the deck. It was only when water started spilling onto the deck that they realised that the Titanic could very well sink.

Each passenger was issued a life jacket but with the Atlantic Ocean four degrees below freezing it would serve no purpose. They would freeze to death in minutes. The only chance of survival was boarding a lifeboat. The first lifeboat was launched 45 minutes after midnight with just 28 people on board, despite having a capacity of 65. Even though women and children were supposed to be the first to board many men claimed a seat. These men were later seen as cowards, and they owed an explanation to the world about how they managed to live when so many women and children were left to die. When the realisation hit the passengers that there were not enough lifeboats for everyone, chaos broke out.



Captain Edward Smith

Those Who Were Lost

American businessman Benjami Guggenheim

Isidor (co-owner of Macy's department store) and Ida Straus

First Officer William Murdoch

American journalist and army officer Archibald Butt

TITANIC
THE ARTIFACT EXHIBITION
people magazine

continues on page 20...

PREMIER EXHIBITIONS

TITANIC

THE ARTIFACT EXHIBITION

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During the design process it was decided to place only 16 standard lifeboats and four collapsible lifeboats on Titanic, instead of the 48 designer Alexander Carlisle had advised on, because any more would clutter the deck. If these 16 lifeboats had been properly filled, which they were not, they would have accommodate
1 178 people out of the 2 224 lives on board. Just over half of those on the Titanic could have been saved.

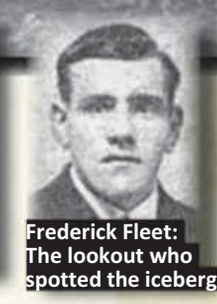
It took roughly 80 minutes to launch all lifeboats. When the last lifeboat was lowered at 02h05 on April 15, there were still hundreds of people left onboard. Terrified, some chose to plunge to their death by jumping into the icy water; others stayed, praying for a miracle. At 02h20, Titanic sank.

According to certain historians and Robert Ballard's book, *The Discovery Of The Titanic*, Captain Smith was seen on the bridge of the ship just minutes before she disappeared beneath the waves, and went down with her. Among those who did not survive was the ship's eight-member orchestra. William Theodore Ronald Brailey, 24, (pianist), Roger Marie Bricoux, 20, (cellist), John Frederick Preston Clarke, 30, (bassist), Wallace Hartley, 33, (violinist), John Law Hume, 21, (violinist), Georges Alexandre Krins, 23, (violinist), Percy Cornelius Taylor, 32, (cellist) and John Wesley Woodward, 32, (cellist) started playing music to help keep the passengers calm and played until the very end.

Although several ships received Titanic's distress calls and changed their course to assist, it was the SS Carpathia that was the first to arrive, seen by survivors in the lifeboats around 03h30. For the next four hours the ship picked up survivors. In all, a total of 705 people were rescued. To this day the ship's final moments have been a subject of lively debate. Experts believe Titanic snapped in two moments before it went under and this is what many eye witnesses who survived recalled seeing from their lifeboats.

Madeleine Astor: Socialite and survivor

Ship designer Thomas Andrews



Frederick Fleet: The lookout who spotted the iceberg

Dorothy Gibson: Actress who survived the sinking and starred in the first Titanic movie

Ruth and Richard Becker: Survivors

Lucy Duff Gordon: Fashion designer and survivor

Titanic Facts

✻ TWELVE dogs, four hens, four roosters, 30 cockerels, one yellow canary and the ship's rat-catcher cat, Jenny, were on board the vessel when she sank.
There were many more animals but they were never documented.

✻ THE SS Carpathia herself was sunk in the Atlantic on July 17, 1918, during World War I after being torpedoed by a German U-boat off the Irish coast.

✻ TITANIC'S chief baker, Charles Joughin, survived almost two hours in the freezing water before being pulled onto an overturned collapsible lifeboat. He was completely intoxicated.

✻ J. BRUCE ISMAY was considered one of the biggest cowards in history and was forced to go into hiding. As heir to the White Star Line and owner of the ship, he was the one who refused to put enough lifeboats on Titanic and then jumped in one as soon as he realised she was going to sink.

✻ ALTHOUGH the Californian was the closest ship to the sinking Titanic, the Captain never checked the wireless room and missed the distress call and, with it, the opportunity to save many lives.

CATCH next week's issue as we bring you more fascinating facts about the Titanic. Don't forget to cut out and keep your first puzzle piece. Four puzzle pieces are needed to secure a ticket to The Titanic Artifact Exhibition. For the first time in South Africa, The Titanic Artifact Exhibition will be held in Johannesburg at The Zone @ Rosebank from September 18 until November 8, 2015, and in Cape Town at the V&A Waterfront from November 27 until 14 February 14, 2016. The Exhibition puts on display authentic exhibits recovered from the wreck of the famous ship. Join us at this awesome exhibition and get an authentic Titanic experience! Kids under age of four get in for free.

ROYAL SURGERY SECRETS

BY EL BROIDE

A LONG-TIME surgeon to the royal family spills the details on their nips/tucks!

IT MUST be tough being a member of the royal family. With the world's eyes constantly on you, we can understand their desire to look good in front of the cameras. Now, Dr X, the anonymous surgeon to the royal family, has spilled the beans regarding their surgery secrets – and we've got all the juicy details!

Will Wants Hair!

POOR **William**, at 33 year old, Duke of Cambridge is already going bald. Now, the insider tells us that **William** is 'paranoid about his hair loss'. **Will** recently read about a possible link between Botox injections in the scalp and hair regrowth and was reportedly keen to try it out. "**William** was keen to give it a go, even though I didn't support the theory," Dr X says. After weeks of treatment, **Will** saw no improvement and decided to stop the 'cure'. "He also asked the doctor about hair plugs but he knew that would be frowned upon by the Queen."

Kate's Nose Jobs

KATE has always been called 'the lady of the people', but even she, one of the most popular royals, reportedly had some work done to her face. **Kate** has allegedly had two rhinoplasty surgeries. "The first was a graduation present to herself [in 2005], and it wasn't Dr X's work," says the source. "It was off-kilter with her other features, so adjustments were made in 2011 that made a real difference to the symmetry of her face." More recently, however, the insider say that **Kate** has had a minor breast lift. "She didn't increase the size, she just wanted to look as perky as she did pre-children." **Kate** has also, supposedly, been talking about doing something about the dark circles under her eyes.

Fergie's Face-Lift

IT'S not only **Queen Elizabeth**'s immediate family that went under the knife. When **Sarah**, Duchess of York, was married to **Prince Andrew**, she often had lipo sessions after struggling with her weight. And now that she is 55, **Fergie**'s main goal is to look younger. "She's had Botox, fillers and laser treatments," says the source. "Dr X also says she had a mini face-lift in recent years, and she's probably due for another. Don't be surprised if she disappears and emerges fresher." Hmmmm, we'll be keeping an eye out!

Camilla's Tummy Tuck

PICS: GREATSTOCK

CAMILLA has been married to **Prince Charles** for 10 years already and just weeks before her wedding, she allegedly underwent a secret tummy tuck and liposuction to make sure she looked spectacular for her big day. The insider adds that there was 'a lot of swelling; she was in agony if she turned or stretched, and she was in a panic that it might affect the wedding plans'. Luckily for **Camilla**, after going through some rehab, she was back on track!

Diana Hated Her Wrinkles

AFTER 15 years of an unhappy marriage, we totally understand why **Princess Diana** had wrinkles. The source claims that, shortly before her tragic death in 1997, the 36-year-old **Princess of Wales** opted to have some Botox injections. Though the injections were only FDA approved in 2002, **Princess Diana** saw the value in them and was an early recipient, the insider reveals. "It was experimental at the time – but she knew all eyes were on her, and she was obsessed with maintaining a youthful look," the source says. "It's well known in plastic surgery circles that she had injections during the six months before she died."

Beatrice's Body Shaping

AFTER tabloids criticised her bikini body in 2008, **Princess Beatrice** of York dropped 15kg and even ran a marathon or two! But, it's rumoured that the 27-year-old had a gastric bypass back in 2012 to help maintain her weight loss. "Dr X didn't do the procedure; it's outside his expertise," says the source. "But he did discuss options with her, including liposuction. She said she was nervous about blowing up like her mother [**Fergie**] did." **Beatrice** and her 25-year-old sister, **Princess Eugenie**, also had 'very discreet' nose jobs at the same time, the source revealed, adding, "Nobody in the family knows."

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Movie Magic M

IN the wake of Tilda Swinton receiving rave reviews for her breathtaking transformation in the movie *Trainwreck*, we dip into our film archives to bring together other actors who have called upon the services of the make-up artist and the prosthetics departments to achieve that you'll-never-guess-who-I-am look.

MERYL STREEP is rotten to the core as the Witch in the rather Grimm fantasy musical drama film *Into The Woods*, released this year.

TILDA SWINTON from *Trainwreck*.

FOR this film based on a true story, the South African-born actress loses her supermodel looks to portray serial killer Aileen Wuornos in an Oscar-winning performance in the 2003 movie *Monster*.

IN his first musical since *Grease*, **John Travolta** (teen idol, action man, Oscar-winner) is transformed into voluptuous housewife Edna Turnblad for the 2007 musical *Hairspray*.

BY MAGAZINE FEATURES / PICS: MAGAZINE FEATURES / WWW.ELITEPHOTOAGENY.COM

letamorphoses

ANGELINA JOLIE is magnificent as Maleficent in *Maleficent* in 2013.

GARY OLDMAN joined the list of actors to play the blood-sucking vampire in the 1992 adaptation of Bram Stoker's *Dracula*.

IN the 2011 movie *Albert Nobbs* 68-year-old **Glenn Close** took the titular role as a painfully shy butler working for a high-class family in the 19th century.

KELSEY GRAMMAR in *X-Men: The Last Stand*. Radio psychiatrist Dr Frasier Crane from the American TV series *Frasier* goes in for shock treatment in 2006 as Dr Hank McCoy.

SUPER-SKINNY **Gwyneth Paltrow** wore a 11kg fat suit as Rosemary Shanahan and becomes the object of desire for **Jack Black** in the 2001 movie *Shallow Hal*.

GEORGE CLOONEY stars in the 2002 movie *Welcome To Collinwood* as a wheelchair-bound safecracker disguised as a rabbi.

Spring Into Action

SPRING is here – but are you ready?

BY ANGELA BEKIARIS

IT's been a rough winter – and we're not just talking about the cold. You've overeaten, undertrained and covered it up in baggy jerseys. It's okay, you're not alone – but it's time to snap out of it and spring into shape as the warmer months arrive. Follow our 20 tips to a healthier and happier you and allow your body and mind to welcome the new season with open arms.

Beyoncé Knowles

PICS: WWW.ELITEPHOTOAGENCY.COM / SPLASHNEWS.COM

Get Your Mind Ready

YOU have to believe it to do it. If you want to fit into those shorts by summer, get your mind in the right place. Say goodbye to the 'marshmallow' you have become and 'hello' to the sexy new you. Set goals and work towards them. But remember to be realistic – nothing happens overnight.

Do Something Different

IF you are one of the few who stayed in shape all winter, change things up a bit – shake up your routine and have some fun. Don't participate in activities you hate as you will only quit. Rather opt for things you love and stick to them. **Gwyneth Paltrow**, for example, loves dancing with trainer Tracy Anderson to **Beyoncé**'s music.

Organise Your Closet

GETTING ready for spring is not just about getting into shape but starting fresh for a new season. Pack all winter clothes away, bring out your colourful summer items and become excited about the months ahead. Feeling good on the outside will result in a happy you on the inside.

Ease Back Into Exercise

WHILE you might have still been training in winter, we're pretty sure it wasn't as hard as in summer. Slowly get back into the swing of things – join the gym, book a yoga class or start taking your dog for early morning walks. It's warmer now, so there are no excuses.

Get Your Training Gear Ready

DO you train at home? Do you need to get out that Pilates ball which is probably covered in dust? Get your hands on some weights, a yoga mat and anything you need to stay in shape – even if it is in the comfort of your own home.

Ease Back Into Cardio

IT'S time to get back on the road, into the pool or going to an aerobics class. Cardio is a great way to get into shape fast.

Get Healthy

THAT means no junk food or binge eating – and only healthy snacks throughout the day. What you eat plays a bigger role in how hard you're training – you know what they say: 'abs are made in the kitchen'.

Validate Your Intentions And Goals

WHAT do you want to achieve in the next four months of the year? Thinking about what to study after school, concentrating on finishing your exams if you're studying or just working hard for that promotion in 2016 – whatever your goals are, stick to them and give them all your attention.

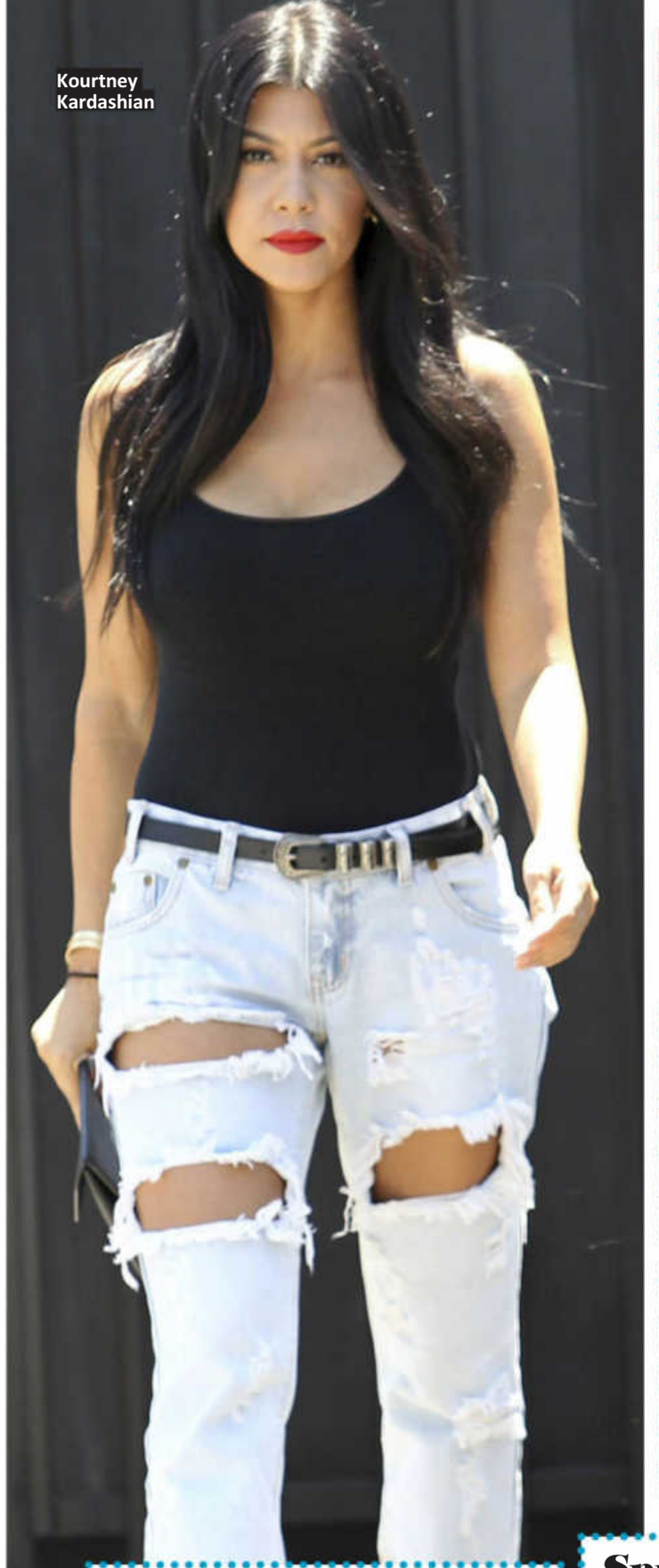
Make Time For Family

GOING out can be hard in winter – especially if you have kids. But with the weather warming up, it's time to enjoy picnics and outdoor events and bond with those you love spending all of your time with.

Rihanna

Stay Hydrated

"STAYING hydrated is the most important factor to your diet," says **Rihanna**. Experts suggest you aim to drink half your body weight in ounces every day.



Kourtney Kardashian

Keep A Journal

THIS is one of the best ways to control what you eat – and what you do. Write down everything you eat as well as what is stressing you out and monitor your habits and behaviours. **Carrie Underwood** writes down her vegan meals in a journal. "I don't get full. I can eat a lot. I have to make sure I'm not eating just to eat."

Carrie Underwood

Book Checkups

NOW is the time to get some blood tests done and have a full checkup. Chat to your doctor about having a routine check and start off spring not only feeling healthy, but knowing you are!

Beware Of Your Fitness Levels

DON'T overdo it in the beginning – you might not be as fit or as in shape as you were, so take it slow. Getting started is what's important here.

Prepare The Mind For Exercise

WHILE you might be focused on getting into shape for spring, you need to make sure you are ready to commit to a new and consistent workout programme. Set dates and times in your diary and treat exercise as you would a meeting.

Do Some Spring Cleaning

CHECK all of your equipment and get rid of anything old or dangerous. Your exercise ball might have holes or tears, and your resistance bands might need replacing. Check it before getting into a routine.

Be Ready For That Lifestyle Change

IT'S not about a few weeks of dieting and running on the treadmill. Instead it's about changing your eating habits and staying fit – all day, every day.

Kate Beckinsale

Diet

AND by this we don't mean starve. But spring is a great time to conduct a diet audit and see which areas can be improved – and get the family into a habit of meal planning. Perhaps even do a detox for a week or two. **Kourtney Kardashian** bases her diet around organic foods.

Spring Clean Your Mind

START meditating, dissolve negative behaviour and keep your brain active.

Join A Yoga Class

YOGA is great for both body and mind and a great way to get yourself prepared for what's to come. It stretches and tones muscles, releases chronic tension and calms restless thoughts. **Kate Beckinsale** credits yoga for many things in her life.

Get Ready The Night Before

PACK your gym bag the night before. Have some fabulous tunes added to your iPod. Don't let anything stop you from training, and, if possible, get going first thing in the morning.

Who's Your Daddy, North?

BY PEARL MPHUTHI

SHE may only be two years old but little **Nori** is already such a daddy's girl...

THE apple doesn't fall very far from the tree, right? Come to think of it, ever since **North West** was born, we've hardly seen her smiling at all. Could she be doing it on purpose, perfecting the pout from an early age, or has the famous toddler been spending too much time with her grumpy dad? Judging by these pics, paparazzi have caught the best snippets of her grumpy expressions which remind us of none other than her dada, **Kanye West.**

PIC: GREATSTOCK / GALLO IMAGES

Like father like – daughter?

SPRING FEST

BY SUZY MUKENDI

SOAK up this season with these finds that are guaranteed to make the right statement.

WITH spring here, there are a number of things that every woman should own. Update your wardrobe and make way for some fun and up-to-the-minute trends. If you don't want to update then why not re-introduce a few basics into your look. These items will help you seamlessly transition into spring with no effort and frustrations. Spring items are so easy to wear that you're guaranteed to always look stylish, even on days when you don't want to dress up or you're in a rush.

Gold Midi Rings: R69, Fashion Express

Bag: R119.95, Fashion Express

Black Dress: R129.99, Mr Price

Gold Earrings (Set Of Two): R39, Fashion Express

Must-Haves Under R150

THIS week, Fashion Editor **Suzy Mukendi** shares with you under-R150 must-haves that are perfect for updating your look or adding a little oomph to your wardrobe.

Denim Dungarees: R129.99, Mr Price

White Loafers: R149, Fashion Express

Beige Kimono: R139.99, Jet

Printed Shirt Dress: R129.99 Mr Price

STOCKISTS: DUNE LONDON: (011) 685-7055 / EDGARS: (011) 495-6000 / FASHION EXPRESS: (011) 553-5334 / FOSCHINI: (011) 658-1403 / JET: 0800 203 925
LEGIT: 0860 005 006 / MR PRICE: 0800 212 535 / RIVER ISLAND: (011) 214-7781 / TRUWORTHS: (011) 783-9002 / WOOLWORTHS: (011) 478-9111 / ZANDO: 0861 192 636

How To Wear SPRING Trends At Work

LOOK fresh, look fashionable.

MOST people think spring is all about floral dresses, but they're wrong. If you're struggling with what to wear, especially to the office, then have a look at this guide to help you dress in style and not end up in HR! No more waiting until Saturday to show off your new outfits.

LAYERED NEUTRALS

AVOID wearing neutrals in one colour. Break them up by pairing the neutrals with different shades of the same hue.

Off-White Tank Top: R39.99, Mr Price

Pearl And Gold Necklace: R260, Woolworths

Belts (Set Of Three): R59.99, Mr Price

Beige Sleeveless Jacket: R1 449, River Island

Stone Culottes: R779, River Island

Olive Green Ankle-Strap Heels: R979, River Island

MIDI SKIRT

A GOOD way to wear a midi skirt to work is paring the skirt with a fitted shirt and pointy heels.

Grey Bodycon Skirt: R599, By Country Road, Woolworths

Black Lace Skirt: R449, By London Hub, Zando

Stripe Skirt: R499, By New Look, Zando

MIXED PRINTS

PRINTS aren't that hard to wear: all you have to remember – especially when wearing mixed prints – is to choose a colour from the print and then pair the item with another print that has that same colour. That brings the outfit together!

LOOK 1

Studded Earrings (Set Of Three): R49.99, LeGit

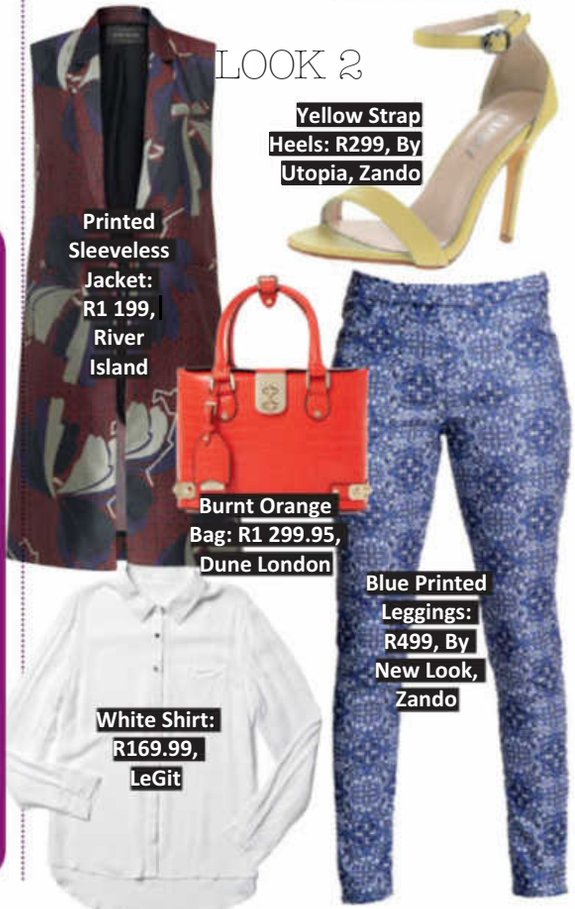
Pink Printed Blouse: R649, River Island

A-Line Mini Skirt: R649, River Island

Cut Out Lace-Up Heels: R479, By Utopia, Zando

Electric Blue Bag: R799.95, Dune London

LOOK 2



Yellow Strap Heels: R299, By Utopia, Zando

Printed Sleeveless Jacket: R1 199, River Island

Burnt Orange Bag: R1 299.95, Dune London

Blue Printed Leggings: R499, By New Look, Zando

White Shirt: R169.99, LeGit

CELEB OF THE WEEK: JESSICA NKOSI

SHE'S the most loveable girl, not only on telly but in real life too. Whenever we see her she always has a smile, and her look is nothing short of fierce. We can't get enough of her! **Jessica** makes a statement with everything she wears, and it's always done so tastefully. She never goes overboard and has the ability to take just one item and make a memorable fashion impact.

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Spring Standout Hues

FROM coral to white, there's a colour for everyone this spring, so have a look as we share the hottest hues for the season.

TIP

CORAL is a staple spring colour, and such a beautiful one at that! The only problem is that coral is *super* vibrant, so the best way to style it would be with bold-coloured or statement accessories.

TIP

COBALT is a strong and bold colour. It works on any skin tone. Try it!

TIP

YELLOW can seem a tricky colour because people think it won't work on their skin; in actual fact, yellow works on every skin tone!

TIP

A COLOUR that speaks class and purity is white. It can be tricky to wear, but a good tip is to pair it with neutrals.

How To Wear:

WHEN it comes to fashion and all things clothes, we have to admit that we're a little women-orientated. But that doesn't mean there shouldn't be a little guy time. Men need to dress for success too – and the changing of the seasons is the perfect time to focus on that. So have a look at our style guide as we focus on gear for guys.

Sneakers

SNEAKERS are very handy as well as powerful statement-makers. They're suited for almost any occasion!

Shirt: R349, Cotton On
Gilet: R599, Cotton On
Bangles: R49.99, Mr Price
Jeans: R350, Jay Jays
Sneakers: R1 499.95, By Adidas, Stuttafords

Sweater: R139.99, Mr Price
Bangles: R70, Jay Jays
Joggers: R399, Cotton On
Sneakers: R1 399.95, By Adidas, Stuttafords

Jacket: R2 499.95, By Guess, Stuttafords
T-Shirt: R199, Cotton On
Pants: R2 199.95, By Tommy Hilfiger, Stuttafords
Socks: Model's Own
High Tops: R749.95, By Converse, Stuttafords

Spring For Boys

WE love coats, mostly for their timeless and classic appeal. These items help when transitioning to spring.

Coat: R3 499.95, By Levi's, Stuttafords
Jersey: R159.99, Mr Price
Jeans: R499, Cotton On
Sneakers: R199.99, Mr Price

T-Shirt: R69.99, Mr Price
Coat: R899, Cotton On
Chinos: R189.99, Mr Price
Shoes: R2 990, Europa Art

Shirt: R349, Cotton On
Cardigan: R1 199.95, By Polo, Stuttafords
Coat: R799, Cotton On
Pants: R169.99, Mr Price
Sneakers: R1 790, Europa Art

Coats

STYLIST: SUZY MUKENDI
PHOTOGRAPHER: TAMIKA MILLER

WHAT'S great about scarves is that you can throw them on to add colour and interest to your look and keep warm when it's a bit chilly.

Scarves

Scarf: R59.99, Mr Price
Shirt: R349, Cotton On
Jacket: R1 099.95, By Hurley, Stuttafords
Jeans: R169.99, Mr Price
Boots: R239.99, Mr Price

Shirt: R349, Cotton On
Scarf: R100, Jay Jays
Jacket: R179.99, Mr Price
Sweater: R599, Cotton On
Jeans: R499, Cotton On
Socks: Model's Own
Sneakers: R1 790, Europa Art

Scarf: R59.99, Mr Price
T-Shirt: R149, Cotton On
Blazer: Model's Own
Pants: R499, Cotton On
Shoes: R2 490, Europa Art

WHAT more can we say about denim? Not only is timeless but it's also something that makes a casual looks seem stylish and trendy.

Jacket: R1 599.95, By Puma, Stuttafords
Hoodie: R119.99, Mr Price
Jeans: R129.99, Mr Price
Socks: Model's Own
Shoes: R499, Cotton On

Checked Top: R399, Cotton On
Printed T-Shirt: R199, Cotton On
Joggers: R169.99, Mr Price
Sneakers: R499, Cotton On

Shirt: R399, Cotton On
Jumper: R149.99, Mr Price
Bangles: R39.99, Mr Price
Joggers: R799.95, By David And Goliath, Stuttafords
Socks: Model's Own
Sneakers: R2 290, Europa Art

Denim

Shirts

SHIRTS are very versatile and are perfect for any and every occasion. The trick to wearing shirts is to have fun with layering, and mix and match different prints and textures.

Chain: R80, Jay Jays
Scarf: R100, Jay Jays
Shirt: R159.99, Mr Price
Pants: R599, Cotton On
Shoes: R2 990, Europa Art

Shirt: R139.99, Mr Price
Tie: Stylist's own
Coat: R799, Cotton On
Cardigan: R169.99, Mr Price
Jeans: R169.99, Mr Price
Socks: Model's Own

MAKE-UP DONE BY: DANIT GORDON – 082 295 9434
FASHION ASSISTANT: DENEAL FLORENCE
MODELS: ZUBAIR AND ZAID MAHOMED

EUROPA ART: (011) 883-5354 / MR PRICE: 0800 212 535 / JAY JAYS: (011) 784-0283 / COTTON ON: (011) 784-0214 / STUTTAFORDS: (011) 783-5215

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All About Eyes

BY CARLI PRINSLOO

EYES are the focal point of the face. Unfortunately, they also show the first signs of age and fatigue through wrinkles, fine lines, dark circles and puffiness. The area around the eyes is where your skin is at its thinnest and most delicate. Add to that the fact that you have no oil-producing glands around your eyes and you can understand why this area is so important to treat. That dreaded tired look comes from the breakdown of collagen and elastin and skin irritations from the sun, wind, allergies and even airline travel. And while make-up can help disguise the problem, it's your underlying skincare routine that can make all the difference.

REVIVE, refresh and recover your eyes.

Caffeine Cure

IT'S the drink that perks most of us up at breakfast, but we never think to splash it on our faces! However, coffee is being touted as a miracle beauty ingredient that can wipe years – and fatigue – off your face. Women are hailing caffeine-based eye serums as a magic wand to banish crow's feet, dark circles and puffy bags.

Facial Fuel Eye De-Puffer: R335, Kiehl's

REVIVE and awaken tired eyes with the lightweight cooling, de-puffing eye stick formulated with caffeine and refreshing herbal extracts to minimise puffiness. Its convenient and portable packaging allows the formula to glide on easily for an instant cooling effect. This is the perfect on-the-go eye treatment for after a workout or long flight.

Radiance Contour Serum (15ml): R316, Anesi

RADIANCE CONTOUR SERUM is a light serum with a refreshing and decongesting effect for the eye contour. It significantly reduces puffiness and dark circles, and smoothes and tones the delicate eye contour area. It also fills in fine lines caused by dehydration. It lightens dark circles within four weeks, lifts and tones the skin around the eye, minimises lines and wrinkles, and refreshes and relaxes the eye contour area.

Puffy Eyes Gel: R630, Beauté Pacifique

PUFFY EYES GEL firms and tightens puffiness around the eyes. This remarkable firming effect comes from the newly discovered Spilanthes acmella flower. This flower's extract makes the fibroblast cells literally pull the skin's fibre-network tightly together. A cocktail of vegetable extracts has the effect of reducing fatty tissue depots and stimulates the micro vessels to become tighter, and reduces oedema. Caffeine is also present in the puffy eye gel to further reduce the fatty tissue underneath the skin.

TIP

ENHANCE the effectiveness of eye products by gently massaging them into the eye area until the product is fully absorbed. This will reduce puffiness, dark circles, lines and wrinkles, and has a refreshing effect on the eye, giving an instant relaxed feeling to the eye contour.

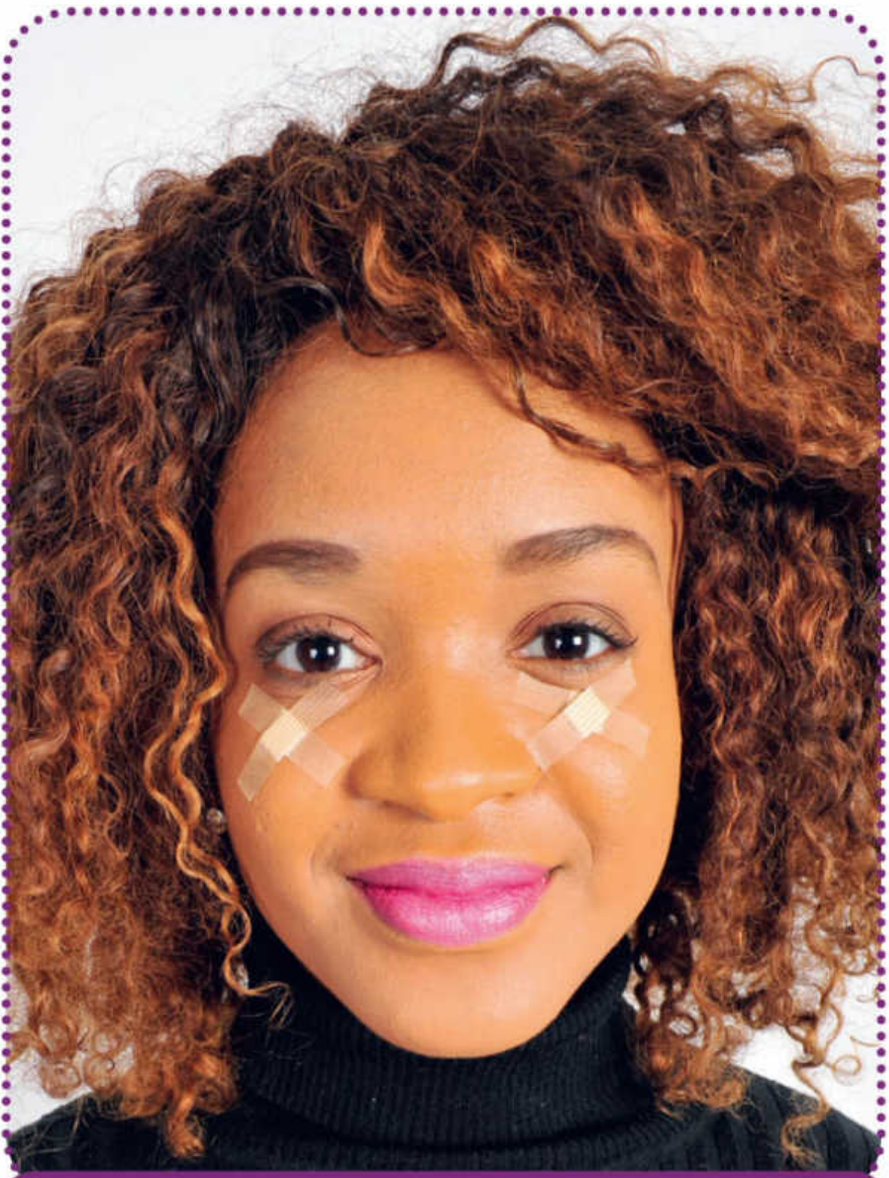
THIS is the first anti-aging cream to effectively combat the eye area's five factors of aging, which are:

1. Dermo-contractions
2. Skin slackening
3. Dehydration
4. Microcirculation
5. Urban pollution

Its sumptuous formula, enriched with regenerative active ingredients, paired with its innovative pen format, has all the efficacy of a high-tech intervention.

Merveill'Yeux Eye Roll-On: R595, By Sampar Paris, Edgars

Professional Does It!



Q&A Beauty

YOUR beauty problems solved!

DEAR CARLI,
IS possible to be somewhat allergic to a product's SPF?
A Little Rash

DEAR A LITTLE RASH,
THE risk of getting irritations when using sunscreen is minimal and should not prevent you using SPF every day. Still, if you notice some sensitivity and you're sure that it's because of the SPF and not something else in your skincare regimen, you can substitute it with protective ingredients like zinc oxide. It's a safe bet and treats the skin more gently than chemical additives, like avobenzone in sunscreen.

DEAR CARLI,
TRY as I might, there are always blackheads on my nose. How do I get rid of them?
To Spite My Face

DEAR TO SPITE MY FACE,
BLACKHEADS on the nose have a very simple cause: the nose is the area with the most active oil production on the face. That's why sometimes cleansers and toners do not seem to work on that area. In order to achieve better results, pick stronger products, which contain micro-elements and salicylic acid to get rid of pesky blackheads effectively.

DO you have a beauty problem you just can't solve? Then e-mail people's Beauty Editor, Carli, for all your beauty enquiries at carlil@caxton.co.za.

LASER skin treatment are becoming increasingly popular for its ability to improve skin texture – one of the primary signs of ageing. Laser treatments are incredibly versatile, and are able to treat anything from fine lines and wrinkles to skin laxity, poor skin texture, sun damage and stretch marks. "There is a variety of different kinds of laser and radio frequency therapies available, each of which has been developed to treat specific conditions," says Dr Salome Gurgenidze, co-founder of Johannesburg-based aesthetic centre Radiance For You. For example, Diode Laser treatments are specifically aimed at reducing fine lines and wrinkles as well as skin laxity and poor skin texture, while fractional laser treatments are better at treating deeper skin depressions and lines, as well as moderate wrinkles. Here are three of the best treatments:

Eye Logic Treatment By Guinot

GUINOT'S Eye Logic Treatment targets wrinkles, dark circles and puffiness in 40 minutes. Perfect for a little lunch time TLC! The treatment targets these three concerns for a more youthful and energised appearance. It works with a special eye serum gel paired with ionisation through Guinot's patented electrodes that help drain puffiness around the eyes, decongesting dark circles and smoothing away crow's feet, wrinkles and frown lines. An eye contour massage then tones the skin, stimulates tissue drainage and activates subcutaneous microcirculation to reduce puffiness and dark circles. An exclusive patented shaped eye mask releases the rejuvenating active ingredients deep into cells and creates an instant lifting and firming effect. The result is more youthful-looking skin, an energised and visibly different appearance, with wrinkles and fine lines smoothed out and puffiness, shadows and bags reduced. Available at Crystal Clear Aesthetic Skincare Clinic, The Parks Shopping Centre, corner Jan Smuts Avenue and Wells Avenue, Parkwood, Johannesburg.

Radio Frequency For Eyes

THE Eye Delight treatment is performed using a specialised periorbital hand-piece. This radio frequency treatment softens, smoothes and brightens tired-looking eyes. It also treats crow's feet and tightens and lifts sagging skin around the eye area. The Eye Delight treatment costs R500 and the aftercare is R350 – a small price to pay for perfect peepers! This treatment is available at Morningside and Woodlands Laser Beautiques.

Venus Concept

A REVOLUTIONARY leader in the medical aesthetics industry, Dr Neetu Moodliar from the Durban Female Rejuvenation Centre tells us about the benefits of Venus Concept technology. "The reason that the Venus treatments are successful in improving periorbital hyper pigmentation and fine lines and wrinkles is due to the MP² technology. This is the application of radio frequency (heat energy) as well as PEMF (pulsed electromagnetic frequency) to the tissue. The effect of this treatment is the stimulation and regeneration of collagen, and improved blood circulation and lymphatic drainage of the tissue being treated – hence the appearance of a more even-toned, firmer and smooth skin."

Contact the Durban Female Rejuvenation Centre on 081 444 1692.

VENUSCONCEPT

Dark Daze

DARK circles are caused by excessive dilation of blood vessels on the skin's surface, which become visible. The poor circulation stagnates and intensifies the bluish colour characteristic of dark under-eye circles. Banish this blemish with one of these:

Ultravine Advance Contouring Retinol Eye Pads (Set Of Three): R160, TheraVine

AdvantAGE Rejuvenating Eye Cream: R149.99, African Extracts Rooibos

Prolagene Lift And Brighten Eye Cream 15ml: R535, Decléor

Skin Regimen Juvenate Eye Balm: R470, Comfort Zone

LAUREN CONRAD has some great beauty tips, especially for eyes. "To reduce puffiness, slice up a few refrigerated potatoes, soak them in water for a moment or two and then place them over your lids for 15 minutes. Works like a charm."

"I like to dilute my cover-up with a little eye cream during the warmer months. It makes this traditionally heavier make-up a bit lighter and sheerer, which is ideal for summer."

Au Naturale DIY

WANT a totally natural dark under-eye fix? Cucumber is just what the doctor ordered! Squeeze out cucumber juice and apply this to your eyes. Leave for 15 minutes and rinse. Cucumber can actually help when this is done on a daily basis. Mix cucumber juice with potato juice and apply the mixture to your dark circles. Again, leave for 15 minutes and wash off. Cucumber juice can be mixed with lemon juice too!

Is It A Myth?

RELAXING with cucumbers on your eyes... It's likely you've done this at some point and offered this bit of advice to others, but is it a myth? Definitely not! Slices of cucumber contain antioxidants which are thought to reduce irritation, while the cooling effect reduces swelling.

My Bright Face Mate Under-Eye Patches: R54.99, By Cettua, Clicks

How To Remove Mascara Without The Damage

PLACE a cotton ball with make-up remover over your lids, hold it for a minute to dissolve the product, and then wipe away. Do not rub the delicate under-eye area. After using make-up remover, always cleanse your face.

Biphase Eye Make-Up Remover: R350, Juliette Armand

Fake It Till You Make It!

WE all suffer from some sort of eye crisis. Luckily, this is one of the easiest problem areas to cover.

Three-Minute Fix

YOU need a concealer cocktail:
First, apply an apricot-hued corrector to get rid of any hints of blue. Next, mix a liquid or cream concealer, in a shade that matches your skin, with loose powder and pat it under your eyes with your ring finger.
The powder beefs up coverage without looking cakey.

PhotoReady Concealer: R139, Revlon

Hypoallergenic Powder Brush: R195, Gosh Cosmetics

Clear Smooth All-In-One Powder In Nutmeg: R70, Maybelline

Concealer Jar: R109.95, By NYX, Clicks

For An Even Smoother Look...

START with the **Deep Fill Dermal Wrinkle Plaster** (R670) by Filorga. It is ideal for use as a primer to smooth out fine lines and create a matte effect prior to make-up application. Through the product's amazing texture, the soft-focus agents minimise the wrinkles' appearance and guarantee a flawless complexion through a subtle light effect.

CANDICE SWANEPOEL

has a make-up trick for brightening and opening her eyes: "If you want to look a little more awake use a cream pencil on the inside of your eye – it opens up your eyes. Put a shimmer in the corners – it makes them pop."

Lash Express

WANT to make your eyes the centre of attention? Lash Perfect Express is the new era of lash extensions. The benefits of having beautiful eye-catching brows and eyelashes is that it instantly frames the face, allowing for a fresh, open appearance. With its huge success in Europe, Lash Perfect Express has finally arrived in SA! Thirty minutes for fabulous lashes – with no side effects! And they last for up to two weeks! You can flaunt those celebrity lookalike lashes and enjoy all the attention too. Your eyes will be transformed for any occasion. Go get yours at The Brow Bar in Clearwater Mall. The first express, no-appointment eyebrow and lash bar in SA.
Contact them on (011) 475 4564 or visit their website at info@thebrowbar.co.za or e-mail them at www.thebrowbar.co.za. Opening soon at Mall of the South.

Lash Perfect express 30 MINUTE LASH TREATMENT

The Brow Bar

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TV personality, author, lifestyle and fitness expert **Lisa Raleigh** will help you achieve your desired celebrity body.

FOLLOW your favourite celebs' exercise routines and look and feel as good as they do!

BY LISA RALEIGH

FULL BODY FITNESS LIKE BROOKE

BROOKE BURKE makes mothering four children look easy! At 43, the media mogul is in impressive shape, with a particularly toned midsection.

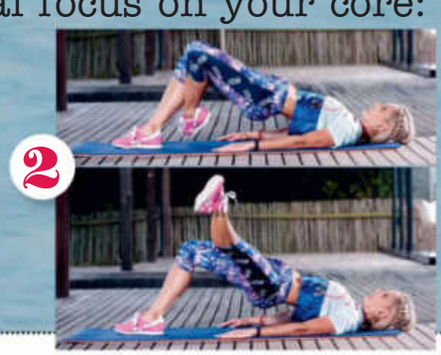
BROOKE'S FITNESS TIPS:

- **Feel The Burn: Brooke** trains to fatigue – then pushes past it. She claims this is when her body really starts to change.
- **Exercise For Health: Brooke** considers exercise benefits to move far beyond physical – giving her energy, increasing libido and acting as the most effective stress reliever.
- **Mix It Up: Brooke** keeps her workouts varied to avoid boredom. She practises fast-paced Pilates classes that focus on the core, full-body resistance training for 45 minutes, and incline cardio on the treadmill where possible.
- **Train At Home:** As creator of her own fitness DVD collection, **Brooke** is an expert at squeezing in a session at home. Thirty minutes is all it takes to get in a good workout using body resistance, and **Brooke** doesn't believe in training past an hour.
- **Have A Go-To Comfort Snack: Brooke** makes her family a smoothie from almond milk, frozen pears, vanilla protein powder, cinnamon, omega oils and a handful of canned pumpkin.

TRY these three moves for a full-body workout with special focus on your core:

Dolphin Plank To Pose

PROP your body up in a straight line on your forearms and toes – your elbows and hands should form a triangle. With strong arms, push your tailbone up into a dolphin pose. Pause for a moment then lower back down to plank. Aim for three sets of four to eight reps.



One-Legged Bridge With Extension

LIE on your back with arms along your sides and knees propped up off the floor. Curl one leg under the opposite knee to start, and then extend that leg out and to the side. Pause for a moment then return to your starting position. Aim for three sets of four to eight reps on each side.

Ab Crunch And Extension

LIE on your back with hands behind your head and ankles crossed. Starting with knees drawn in towards the chest and head and shoulders off the ground, draw your legs out in a straight line, lowering your head and shoulders back slightly. Pause for a moment then return to your starting position. Aim for three sets of four to eight reps.

PIC: WWW.ELITEPHOTOAGENCY.COM

Send Lisa your questions. E-mail people@caxton.co.za and write 'Fitness' in the subject line.
www.lisaraleigh.co.za I lisa@lisaraleigh.co.za I Lisa Raleigh Fan Page – Facebook
I @LisaRaleighSA – Twitter I LisaRaleighTV – YouTube

SPRING into action and make yourself a fitness freak!

BY ANGELA BEKIARIS

WE WANT Kaley's Abs

THE BIG BANG THEORY'S Kaley Cuoco-Sweeting was seen leaving a workout recently, and she left us green with envy! 'Toned', 'sculpted' and 'OMG' are the only words that can describe this gorgeous star, who is addicted to yoga. We would also walk around half naked if we looked like that!

Celeb Workout Tips

LAST week we stole some tips from the stars – well, from their trainers – courtesy of All4Women.co.za. Here are a few more to inspire you:

1. **Use Your Clothes To Monitor Your Progress:** Ramona Braganza, who trains **Jessica Alba** and **Anne Hathaway**, says it's best to forget the scale and rather use a particular pair of jeans or a dress to monitor how well you are doing with your weight loss. She suggests you try the item on at the same time every week and check how the garment feels on you.
2. **Consistency Is Key: Halle Berry** and **Kim Kardashian**'s trainer, Gunnar Peterson, recommends exercising every day rather than two or three times per week. It keeps your body in fat-burning mode and builds a lifestyle of exercise, making fitness a habit. But don't overdo it either.
3. **Avoid Boredom:** Celebrity trainer Harley Pasternak recommends staying active, even while not exercising, as you are more likely to eat unnecessarily when you are sitting still or bored.

Yoga For Your Abs

YOGA is an amazing exercise regimen for both body and mind. While it relaxes you, it also allows your body to work hard and tone up. And it's a great way to work on your abs, because using your core is key. So grab a mat – no other equipment necessary – and get ready to feel the burn, from your upper abs to the lowest, deepest muscles in your core. You'll need to use your breath to focus on drawing your abs in. There are so many yoga poses that work your abs, so we're sharing just five to get you started – and hooked:

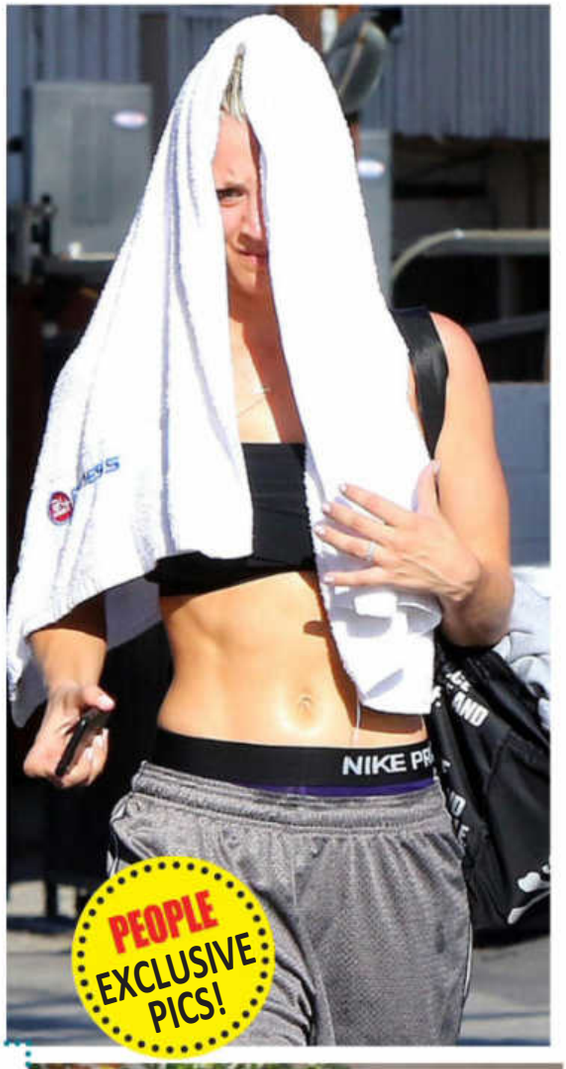
Boat Pose: This requires you to balance on the tripod of your sitting bones and tailbone.

Crane (Crow) Pose: This compact arm balance strengthens the abs and arms.

Dolphin Plank Pose: A modification of plank pose, it strengthens the core, thighs and arms.

Eight-Angle Pose: Your abs will be fired up in this difficult asymmetrical arm balance.

Scale Pose: Strengthens your wrists, arms and abs while hanging in this balance.



PICS: PAN MEDIA / GREATSTOCK

Josh Takes Son For A Ride

THERE'S nothing like seeing a father bonding with his son. In this case, **Josh Duhamel** took son Axl out for a bike ride after having lunch – daddy had to train, and baby was happy to go along for the ride, it seems. The pair looked adorable as they were snapped riding through the city before heading home to mom **Fergie**.

Courtesy of www.helpguide.org and www.goodhousekeeping.com

Get Fitness Ready

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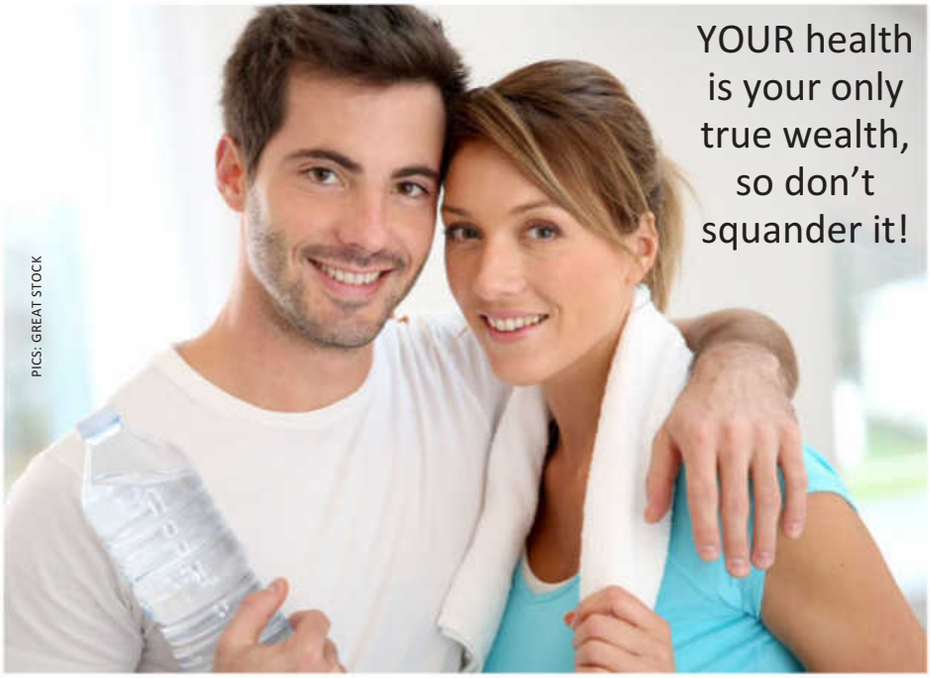


PICS: GREAT STOCK

Health News

BY ANGELA BEKIARIS

Teen Health Is Vital

CONCERNS about teen health typically focus on lifestyle issues – such as weight control, sleep, smoking and sex. Teenage obesity is a dangerous and growing teen health problem too. Talking to your teens and using teen-friendly tactics is key when dealing with such issues. Sex is another primary teen health concern, and it is your duty to supply accurate information about sex and teen health. Make sure to always talk about feelings, attitudes and values – always be honest and open. If your teen health concerns include smoking, experts suggest you consider ways to help your teen resist that first puff – as well as practical strategies for stopping teen smoking.

PICS: GREATSTOCK

Keep Your Man Healthy

DID you know that the top men's health threats include heart disease, cancer and unintentional injury? Thankfully, most men's health threats are largely preventable, say sources. Make healthy choices for your man and the rest of the family by following a healthy eating plan, adding physical exercise to daily routines and managing risky behaviour, such as drinking too much.

Healthy Ageing

EATING a variety of healthy foods, practicing portion control and including physical activity in your daily routine can go a long way toward promoting healthy ageing. Better yet, it's never too late to make healthier lifestyle choices.

Eat Enough Protein

GETTING the proper balance of nutrients and activity is essential but many people don't consume adequate amounts of protein, say experts. However, if you are exercising and not consuming enough of this 'muscle-building nutrient', you risk breaking down lean muscle mass and sabotaging your muscle building routine. The FDA recommends 50g of protein on a 2 000 calorie-a-day diet.

Weight And Your Health

DID you know that if you're carrying extra kilograms you face a higher-than-average risk of a whopping 50 different health problems? According to helpguide.com, these health conditions include the leading causes of death – heart disease, stroke, diabetes, and certain cancers – as well as less common ailments such as gout and gallstones. What's more, there is the strong link between excess weight and depression.

Snoring Can Be Serious

DO you snore loudly or temporarily stop breathing at times during the night, waking suddenly with a snort or choke? Experts say you've probably got sleep apnoea, a common disorder that's more prevalent in people who are overweight. Not only does sleep apnoea often lead to daytime sleepiness, it also increases the risk of high blood pressure, heart attack and stroke.

Beetroot Juice For Your Workout

RESEARCHERS have found that healthy participants who drank beetroot juice for 15 days had lower blood pressure and more dilated blood vessels at rest and during exercise, according to All4Women.co.za. Blood vessels also dilated more easily and the heart consumed less oxygen during exercise with the consumption of beetroot juice.

Hormone Health

IF you need to keep control of your hormone balance and shed some kilos, All4Women.co.za shares some tips:

1. Eat a 'clean' diet
2. Drink a 'clean' diet
3. Exercise the right way
4. Meditate
5. Get some sleep

TIP LOSING excess weight can make you feel better, both physically and emotionally, and can help you live a longer, healthier life.

Courtesy of www.all4women.co.za and www.helpguide.org

DON'T let the blues get the better of you.

BY ANGELA BEKIARIS

DEPRESSION Treatment Tips

IN order to feel better you need to help your treatment to work. Here are some helpful tips:

Give Medicine Time to Work: Nothing works overnight. Give yourself a few weeks for the depression medication to kick in.

Don't Stop Taking Your Medicine: Quitting suddenly could give you headaches, muscle aches, an upset stomach or many other problems. Don't stop unless your doctor tells you to.

Take It The Right Way: Let your doctor advise you on how to take the medication.

Pay Attention To Side-Effects: Many go away within a week or two, but others may be a sign you need to adjust what you're taking. Look for insomnia, nausea, weight gain, dizziness and sexual problems, say experts.

Talk Things Out: Depression usually has a mix of physical, emotional, and mental causes so consider counselling, cognitive therapy or a support group.

Get Your Body Moving: Exercise is a cure for any things, including depression. In fact, exercise can sometimes work as well as antidepressants, if not better, for people with mild to moderate depression.

Choose A Healthy Diet: Eating healthily is always the answer, and in this case when your body is in good shape, so is your mind.

Get Your Sleep: Not only will it boost your mood and energy levels but it'll also help you cope with daily life and the stress in it.

Think Outside The Box: Sometimes you just need some acupuncture, yoga, meditation or a nice long massage to help you feel better.

Vitamins And Other Nutrients: Did you know that people who are low on vitamin D are apparently more likely to get depressed? Talk to your doctor about supplements.

Do You Have OCD?

OBSESSIVE–COMPULSIVE DISORDER (OCD) is an anxiety disorder characterised by uncontrollable and unwanted thoughts and repetitive, ritualised behaviours that you feel compelled to perform. Most people with OCD fall into one of the following categories:

✻ Washers who are afraid of contamination
✻ Checkers who repeatedly check things, like if the oven is switched off or doors or locked
✻ Doubters and sinners who are afraid that if everything isn't perfect or done just right something terrible will happen or they will be punished
✻ Counters and arrangers who are obsessed with order and symmetry
✻ Hoarders, who fear that something bad will happen if they throw anything away

OCD Signs & Symptoms

COMMON obsessive thoughts in OCD sufferers include:

✻ Fear of causing harm to yourself or others
✻ Intrusive sexually explicit or violent thoughts and images
✻ Excessive focus on religious or moral ideas
✻ Fear of losing or not having things you might need
✻ Order and symmetry: the idea that everything must line up 'just right'
✻ Superstitions, excessive attention to something considered lucky or unlucky
✻ Excessive double-checking of things, such as locks, appliances, and switches
✻ Repeatedly checking in on loved ones to make sure they're safe.
✻ Counting, tapping, repeating certain words, or doing other senseless things to reduce anxiety
✻ Spending a lot of time washing or cleaning

OCD is treatable with therapy and sometimes medication as well.

Eat Less And Sleep More

WE'RE not saying don't eat at all, but a study showed that those who eat less (not nothing) at night get more sleep, have better reaction times and fewer attention lapses. Also don't eat a large meal just before going to sleep. We say it's worth a try...

PICS: FOTOLIA

Courtesy of www.helpguide.com, www.allforwomen.com, www.huffingtonpost.com

Dear Doc

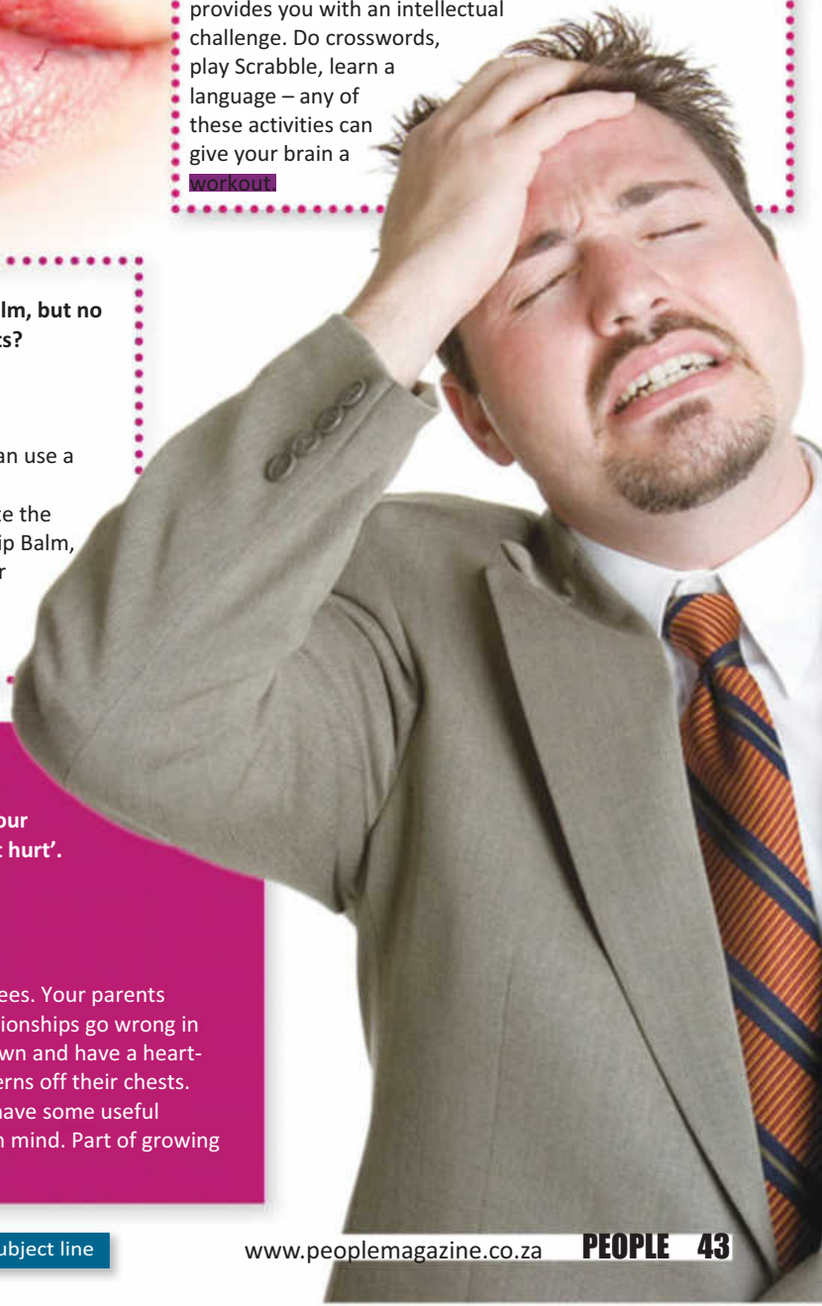
Dr Karen Koch, a general practitioner, answers your health questions.

DEAR DOC,
VITAMIN supplements – are they necessary?
ABC

DEAR ABC,
IN an ideal world you would be getting all your vitamin and mineral needs from your diet. Most of us have some deficiencies we should address – however, wildly supplementing can be expensive, unnecessary and even dangerous. Some of the most common supplements people need are: calcium, vitamin D, omega-3-fatty acids, iron, B12 and folate. Your doctor would be best placed to do baseline tests and advise you on where you have shortfalls.

DEAR DOC,
I'M forever forgetting stuff I need to do. I struggle to remember people's names and often I find myself in a room, not remembering what I set out to do in the first place. Is there anything I can do to boost my memory?
Whatshisname

DEAR WHATSHISNAME,
THIS is a very broad topic. Sometimes temporary memory loss, disorganisation and forgetfulness can be due to lack of sleep or stress. Trying to do too many things at the same time can also send the brain into overload. Certain medications and supplements can make you slower than normal. Go back to basics – get enough sleep, exercise, healthy diet and stress relief. Slow down and focus on one task at a time. Brain 'boosting' activities are anything which provides you with an intellectual challenge. Do crosswords, play Scrabble, learn a language – any of these activities can give your brain a workout.



DEAR DOC,
MY lips are so dry that they crack and bleed. I use copious amounts of lip balm, but no matter how much I use they remain constantly dry. Are there any treatments?
Going Balmy

DEAR GOING BALMY,
DON'T lick, pick or peel cracked lips. It only serves to make them bleed. You can use a mild exfoliator on them twice a day (try a mixture of brown sugar and water). Most lip gels and lotions contain chemicals and preservatives which can irritate the skin even further. I recommend using a lip moisturiser like Eucerin Intensive Lip Balm, Elizabeth Arden 8-hour Lip Protectant Stick, nipple cream containing lanolin or baby ointment containing zinc paste. These are less likely to dry out and irritate the skin. Don't forget to drink lots of water. Proper hydration starts on the inside.

DEAR DOC,
I'M Jewish and my boyfriend is Christian. We've been dating for six months and we're mad about each other. Our parents aren't quite so thrilled. Both our families have vocally opposed our relationship as, 'they don't want us to get hurt'. It seems like an antiquated load of rubbish. How do I tell them to back off?
Mad About The Goy

DEAR MAD ABOUT THE GOY,
IN any partnership there are religious and cultural differences to varying degrees. Your parents are being a little 'backward', but it's probably because they've seen such relationships go wrong in the past and don't want the same thing to happen to you. Sit your parents down and have a heart-to-heart discussion with them. Give them an opportunity to get all their concerns off their chests. Acknowledge that there are likely obstacles to be overcome. They may even have some useful insights. Give what they say careful consideration and then make up your own mind. Part of growing up is making your own decisions.

E-mail any questions to **people@caxton.co.za** and write '**Dear Doc**' in the subject line

PICS: GREATSTOCK / SOURCE: FEATS PRESS

SUPER
Go Shopp
With The A

SUPERFOODS aren't just for the rich and famous – they can make us *all* feel super.

WITH an army of personal trainers and nutritionists behind them, Hollywood's A-list is often the first to know about the latest health-giving foods. We've been taking a sneaky look in their shopping baskets to find out the hot new superfoods that are the beauty secrets of the stars…

Nicole Kidman

MANGOSTEEN

THIS special fruit has long been a favourite in Asia but it's now growing in popularity across the globe. Known as the queen of fruits, it has a range of amazing health benefits: it's packed with antioxidants, plus it's a great source of fibre, vitamins and minerals.

Who's A Fan?

NICOLE KIDMAN and bestie **Naomi Watts** love to make the most of purple mangosteens' astonishing properties; it's also said to have antibacterial properties, which make for great skin both on and off the screen.

Here's The Science Bit:

THIS powerhouse of essential nutrients packs a huge punch. The secret lies in those xanthones, believed to help protect the body from free radical damage at a cellular level.

MATCHA

THE new big thing in the world of tea, matcha – or powdered green tea – offers a hit far more concentrated than its brewed cousin: just one cup is equivalent to 10 cups of green tea. One producer explained drinking normal green tea as 'a bit like boiling spinach, throwing away the spinach and just drinking the water' – "You'll get some of the nutrients, but you're throwing away the best bit." By contrast, because matcha is a fine powder diffused in water, you actually consume the whole tea leaf, meaning you get even more goodness…

Jessica Alba

Who's A Fan?

NEVER one to miss out on a trend, **Gwyneth Paltrow** has shared pics of her tasty matcha latte on Instagram. **Jessica Alba** also loves to start her day with it, saying, "Recently I started making this shake using vegan protein powder, matcha green tea powder, a banana, coconut water, and ice."

Here's The Science Bit:

MATCHA is full of an amino acid call l-theanine, found in all green tea, but by the bucketload in matcha. It's a stimulant similar to caffeine, which can make you feel more alert. And, because it's basically a super-concentrated form of green tea, it's heaving with antioxidants.

ROYAL JELLY

ROYAL jelly is the term for the sticky secretion produced by worker bees to feed to larvae in their first few days of life, as well as to their queen bee; in large enough quantities, it can turn those babies into the next queens of the colony too.

Jennifer Aniston

Who's A Fan?

JENNIFER ANISTON loves to smooth royal jelly into her face as it's fantastic at boosting collagen production to help skin look younger. "During the winter, I try to stay out of the sun," she says. "I've also been using royal jelly. My facialist told me that if you apply royal jelly to your skin during the cold months, it helps rejuvenate [it]."

Here's The Science Bit:

A NUMBER of studies have found plenty of profound effects of royal jelly in fighting cancer and improving insulin resistance, though be warned:

FOODS
ping
-List

Large groups of people may be severely allergic to it. But good news if you're not because it boasts an impressive concentration of vitamins and minerals, including all eight essential amino acids.

Michael Caine

TURMERIC

FAR more than just a delicious ingredient in your curry, the turmeric root is thought to possess a wide variety of health benefits from aiding digestion to fighting infection; the active ingredient, curcumin, is used as an anti-inflammatory and is also thought to have cancer-preventing properties.

Who's A Fan?

MICHAEL CAINE swears by turmeric tablets after his Indian wife **Shakira** recommended them (turmeric has long been used in alternative medicine as a brain and health-enhancing supplement). "I am married to an Indian lady and have learned about Indian culture," he says. "They [have] a great deal of turmeric in their food. I have been taking turmeric tablets for 30 years and I have a memory like a computer. I remember everything."

Here's The Science Bit:

THOUGH it doesn't reduce the effects of Alzheimer's, research has shown that taking turmeric extract reduces the pain caused by osteoarthritis.

KAÑIWA

WITH more protein than quinoa, this South American seed is nudging its rival off the top spot when it comes to celebs' fave superfoods. Though they're quite similar in appearance, the main difference is that kañiwa doesn't contain saponins, the chemicals that give quinoa a soapy flavour.

Alessandra Ambrosio

Who's A Fan?

LATINA supermodels **Alessandra Ambrosio** and **Adriana Lima** are both partial to kañiwa, and salads containing the supergrain are said to be on offer backstage at Victoria's Secret shows.

Here's The Science Bit:

AS well as containing more protein than quinoa, which guarantees less of a spike in blood sugar after eating, kañiwa is also made up of all the essential amino acids. It's also rich in flavonoids, the holy grail of antioxidants when it comes to fighting disease and ageing.

DANDELION

THE humble dandelion is perfect for an on-the-go salad, as they are high in vitamin C and they have the highest concentration of vitamin A.

Miranda Kerr

Who's A Fan?

MIRANDA KERR loves a cup of dandelion tea. "When I was studying nutrition, I learned about dandelion and the cleansing and detox effects that it has. I decided to drink dandelion as opposed to coffee as it actually tastes quite similar," she explained.

Here's The Science Bit:

THERE are varying claims about the health benefits of dandelions, but there's no denying they're loaded with goodness: The leaves have more vitamin B, C, and D than most other vegetables. The plant is high in calcium and the flavonoid luteolin, and as a natural diuretic it can help reduce bloating.

NAVY BEANS

NAVY BEANS, so called because of their popularity in the US Navy, are small, white pea-sized beans that are crammed with cholesterol-lowering fibre, folate, manganese, iron and other minerals.

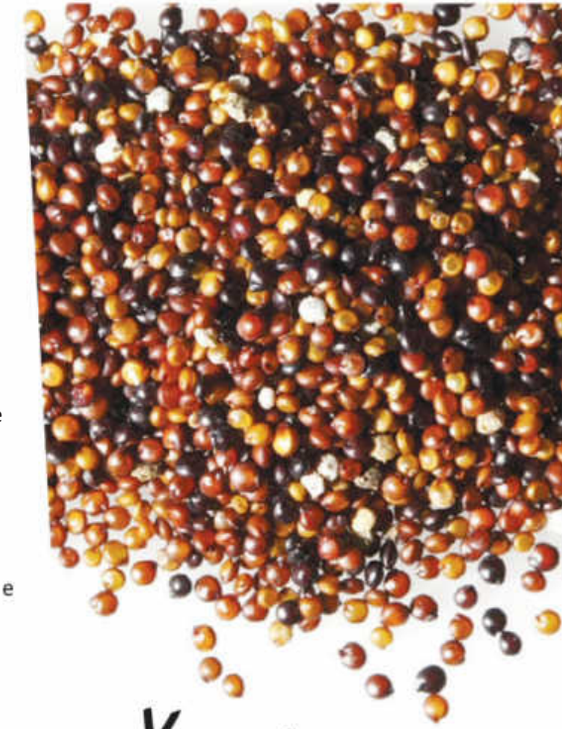
Who's A Fan?

VEGAN **Alicia Silverstone** loves her beans combined with grains to offer a complete protein package. She has tweeted in the past: "Started off my day using the navy beans I soaked last night."

Alicia Silverstone

Here's The Science Bit:

FIRST up, beans are a top source of folate and manganese and a good source of protein and vitamin B1, as well as phosphorus, copper, magnesium and iron. Iron is especially important; and as well as giving you loads more energy with their slow-release complex carbs, navy beans can give you an energy boost by topping up your iron supply.


Kaniwa

Dandelion

Navy Beans

Start Saving For CHRISTMAS

PICS: GREATSTOCK

BY ANGELA BEKIARIS

WITH just over three months to go, we suggest you start saving from today!

IT'S the most wonderful time of the year... But with family gatherings, gift shopping and summer holidays comes spending, spending and more spending, leaving you in debt by New Year's. So in order to survive the festive season without going broke or crazy – or both – we suggest you follow some of our fabulous tips on how to start saving from now. Yes, now! We want you to enjoy Christmas this year, rather than stress about it.

1. Start Shopping Today

EVERY time you go to the mall, buy one gift – be it for your kids, parents or partner, you are saving on bulk cash spending in December.

2. Ban Unnecessary Christmas Gifts

GIFTS can really add up, and while we're not suggesting you leave out direct family, we're pretty sure there's a whole list of people who don't need gifts this year – or any year, for that matter. You can't please everyone, so don't feel obliged to give – instead, spoil those who matter.

3. Get Perfumes For Less

MANY stores – online too – sell perfumes for less throughout the year and up their prices before the festive season. Buy some fragrances now that they're cheaper – it's a great gift for all.

4. Look Out For Sales

GET your hands on some great items being sold half price. No one knows when you bought it – and if they're worth a gift, they shouldn't care either.

5. Cut The Shopping Sprees

INSTEAD of buying yourself a new top or pair of shoes every week, spoil someone else – you might have one less dress for your summer vacation, but at least you will be able to *go* on vacation.

6. Sell Unwanted Items

TOO much in your wardrobe? Sell some items and make some extra cash – many stores take second-hand goodies, and you'll be glad to take the cash they're offering.

Set A Budget

7. Cut Your Phone Bill

CATCH up with friends in person over a cup of coffee. The call will cost you three times as much as the cappuccino if you're gossiping for an hour. Saving that little bit extra every month can help out when you're booking your plane tickets for your Christmas vacation.

8. Minimise Treatments

WHILE looking good is fabulous, we doubt you have to have your hair and nails done every week. Skip a week, do your own manicures and pedicures and get a friend to blow-dry your locks – you'll be surprised how much you'll save on this.

9. Cancel Memberships You Don't Use

SPENDING R300 a month to go to gym but haven't been since, well, you can't even remember? Cancel it. Put that money aside and use it on something you will use – like a getaway with your loved one.

10. Set A Budget

DON'T overspend – not today, not tomorrow, not in four months time. Set a budget for the festive season and don't go over it – whether you're shopping from now or leaving it for the last minute. This goes for holidays too – while it's the best time of the year to go away with friends and family, make sure your trip doesn't leave you in debt.

11. Eat Out Less

IF you're eating out every weekend, or even during the week, cut down on one outing. You could save anything between R300 – R600 per couple on one meal out if you order in instead (healthy of course – we want to make sure you fit into your swimsuits!).

12. Take On Extra Work

WE'RE not saying stress yourself out, be overworked and collapse. We're saying if you can do a few extra jobs or work overtime here and there, do so. But don't get excited and spend the money – put it aside for when the time is right.

E-mail Christmas Cards

13. E-mail Christmas Cards

POSTING is *so* last century. Embrace the digital age and e-mail all your Christmas cards – you'll save a chunk of money. Plus, there are lots of free websites that let you create your own cards, with family photos and videos. Could be fun too!

14. Put Christmas Savings Aside

DECIDE where you want to put your Christmas savings from now. Be it in a jar, under the bed or in a separate bank account, make sure you put all your extra cash in one place you know you won't touch until you need to. Don't risk spending it by keeping it in your everyday account – life can be expensive and you might not even realise you've gone into your savings.

15. Make A List

WRITE down everyone you plan to buy a gift for, no matter how small the gift may be. Include ideas of what to give each person, along with the maximum amount you're willing to spend.

16. Research Your Trip

TWO weeks in the Maldives sounds amazing – but perhaps it's not quite in your budget? Spend this time online finding the best resorts and booking something relaxing, beautiful and in your price range. There is plenty out there, you just have to do your homework.

17. Manage Your Holiday Budget

YOU might have worked out costs involved for flights and hotels, but remember, when booking your summer holiday, to include tips for doormen, eating out, babysitters etc.

Alessandra Ambrosio does some Christmas shopping

Start Shopping Today

Teen people

EACH week get the lowdown on everything from selfies, social media and skating to surfing, snogging and smoking.

Who's Holding The Baby?

BY VANESSA PAPAS

FALLING pregnant in your teens can be confusing, worrying and downright terrifying, but it doesn't mean it's the end of your life!

Jade Archer of ilovelife, lovelife's new mobisite

THEY were just kids themselves when they found out the stork had paid them an unscheduled visit. Even though they admitted that a baby threw a spanner in the works, none has ever said they regret the decision to be a parent.

Country singer **Naomi Judd** gave birth to her daughter Christina when she was just 18. Singer **Solange Knowles** gave birth at 17 to son Daniel Jr. Supermodel **Niki Taylor** gave birth to twin sons, Jake and Hunter, when she was just 19. Teen Nickelodeon star **Jamie Lynn-Spears** made headlines when she announced her pregnancy in 2007 when she was just 16. Then there's rapper **Lil Wayne**, who had his first daughter, Reginae, when he was only 15.

Last year alone the Department of Education released figures showing that 20 000 girls under the age of 18 fell pregnant in 2014. Even more worrying was that 223 of these young girls were still in primary school – some younger than 14. Gauteng had the highest number of pregnancies, over 5 000, while the Eastern Cape came in second with over 3 000.

"In addition to health problems and financial implications, there are all sorts of emotional challenges in having to be a parent when one is not yet ready and is still facing the challenges of growing up. One of ilovelife's aims is to help prevent unplanned pregnancies," says Jade Archer of ilovelife, LoveLife's new mobisite that offers young people information on a range of topics including teenage pregnancy. "Through our work with young people we seek to reduce the rate of teenage pregnancy by helping young people to reflect on the impact of an unplanned pregnancy on them, their families and the future they have planned for themselves. Teen pregnancy affects both teen mothers and teen fathers. ilovelife also aims to tackle gender stereotypes and give young people an opportunity to think about shared responsibility in both prevention and parental responsibility, both of which traditionally have fallen mainly on young women."

You need to be sexually active in order to fall pregnant, so wind pollination isn't a cause!

Just because you use precautionary measures like condoms while having sex doesn't mean you can't fall pregnant either – all it means is that there is less of a risk. When used correctly – and by correctly we mean put on and taken off properly – a condom is about 98 percent effective. This means two in every 100 girls can still fall pregnant despite using a condom. Abstinence (aka, not having sex) is the *only* foolproof way of not falling pregnant.

One of the first signs of pregnancy is missing your menstrual cycle. If you're 'late' you'll need to confirm if you're pregnant, either with a pregnancy or blood test. A pregnancy test (bought over the counter at a pharmacy) measures the amount of human chorionic gonadotropin (hCG), the pregnancy hormone, in your body. Most home pregnancy tests will give accurate results if you test at the time your period would normally be due, about two weeks after you ovulate. Blood tests are more sensitive than urine tests and can detect pregnancy from about six to eight days after ovulation.

If you've just found out you're pregnant you're probably experiencing a wide range of emotions, from shock and disappointment to embarrassment, grief and worry about the future. Whatever feelings you're experiencing, it's important that you get the help and support you need. If you feel you can't talk to your parents – not right now anyway – then talk to someone you trust, like a teacher, a doctor or a family member. A visit to your doctor's office or a health clinic is a must, not just for your health, but to get more information and discuss possible options. Whatever you decide, it needs to be what you want, not what someone else wants you to do. Parenthood is the leading reason that teen girls drop out of school. Fortunately, gone are the days when schools could expel girls who were pregnant. Everyone has a right to an education, which is why a new draft policy, which sets out how schools should support pregnant pupils and protect them from discrimination, is expected to be published for public comment before the end of this year. The policy is expected to put an end to schools expelling or excluding pregnant pupils and will emphasise that pupils have the right to remain at school during and after their pregnancy.

*** This article was compiled with the help of ilovelife.mobi. Designed for young people between the ages of 10 and 24, iloveLife.mobi is an interactive digital platform that encourages leadership to drive behaviour change and promote sexual and reproductive health**

Helpful Numbers

ilovelife.mobi – Parent line: 0800 121 100
Youth line: 0800 121 900
E-mail: talk@lovelife.org.za
Website: www.ilovelife.mobi

Childline South Africa – Assistance from trained counsellors for children and young people, and their families: 08000 55 555
Website: www.childline.org.za

SA Depression And Anxiety Group – Provides information on depression and suicidal behaviour: (011) 262-6396
Website: www.sadac.org

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facebook.com/peoplemagsa
Follow us on twitter.
com/people_sa
And Twitter...

PEOPLE EXCLUSIVE PICS!

Red Hot Silly Pippa

BY EUGENIA BOOI

PAN MEDIA

The Creature From The Deep?

PRACTICALLY PERFECT PIPPA

WE know that **Kate Middleton**'s younger sister **Pippa** doesn't have a royal title, but she could totes pull off an HRH – Her Royal Hotness. **Pippa**, along with parents **Carole** and **Mike** and brother **James** (who obviously forgot to pack a razor) spent some time at a St Jean Bay resort in the Caribbean recently. **Pippa**, known for her derrière which almost upstaged her sister's wedding to **Prince William**, looked smoking hot in a red bikini that showed off her toned bod and washboard abs. **Pippa** is a keen sportswoman, which goes a long way to explain her lithe physique. When she's home she is also said to be a 'doting aunt' to **Prince George** and **Princess Charlotte**. See? We told you. **Pippa**: practically perfect in every way.

people Has Heart

BY GABRIELLE OZYNSKI

EVERY week we bring you heart-warming stories of ordinary people who've overcome extraordinary circumstances, and offer readers the chance to pay it forward.

Thusanani – Helping Vulnerable Children

TWO women decided to help children in care facilities with developmental delays and the foundation was born.

Founders Lara Hirschmann and Michelle Rosen

FOUNDED by Michelle Rosen and friend Lara Hirschmann in 2002, the Thusanani Children's Foundation is a non-profit organisation that provides therapeutic, developmental and medical services to children living in care facilities in Gauteng. The foundation consists of occupational therapists, speech therapists, a psychologist and a paediatrician. Michelle and foundation director Caroline Rose who among other staff members, dedicate their lives to helping vulnerable children.

In 2002 Rosen and Hirschmann wanted to do something to give back to the community. Hirschmann had heard that there were orphaned and vulnerable children living at a children's home in Soweto who were developmentally delayed. Rosen, a chartered accountant who says she knew little about developmental delay at the time, went into the home on a weekend to assess the situation. Says, Rosen "Lara is an occupational therapist and gave me some guidance. There were many babies and most were under the age of four. Together we assessed each child's milestones and discovered that on average each child was six to 12 months behind what their milestones should have been e.g. a one-year-old was at the level of a six-month-old. I researched the implications of developmental delay and discovered that if a child is not stimulated adequately under the age of six, it will affect their brains for the rest of their lives. If part of a brain is not used, you basically lose it.

"We decided to tackle this issue by focusing on children under the age of six. We provided training to the care workers about the importance of play, and which milestones the children in their care should have been reaching. In addition we bought educational toys for the children. This model didn't work well initially as we were only able to volunteer on the weekend and the information was not being passed on to the staff working during the week. One initial generous donor enabled us to employ an occupational therapist to work for Thusanani three days a week. She travelled to different children's homes with her equipment in the boot of her car.

"Thirteen years later I am proud to say that we have a wonderful well equipped clinic in the CMI building with a multidisciplinary team of occupational therapists, a speech therapist, a psychologist and a paediatrician. We have branched out since then to provide medical adoption assessments and occupational therapy adoption assessments to a large percentage of the children being adopted in Gauteng.

"I work in the asset management industry as a Credit Analyst and have four children, so most of the work I do is in the evenings. It is all in a voluntary capacity. I am in constant communication with the management team regarding a variety of issues. I do the accounting and budgets for the fundraising proposals. More recently I have started using my passion for photography to become more involved in the marketing side of the organisation. I have taken photographs, made various corporate videos and a website for Thusanani. I am the Chairman of Thusanani and run the trustee meetings."

Talking about how the foundation contributes to society, Rose says the TCF strongly believes that babies and children develop within the context of early relationships.

"In the situation of babies that are abandoned, research has shown that strong early attachment and bonding between a baby and a primary care giver is critical in fostering secure emotional development and stable future relationships. In creating awareness of this within the homes and acknowledging and supporting the roles of the caregivers who are involved in this role we hope to support the development of these children in such a way that they can grow up to be healthy and contributing members of society and ultimately the economy of South Africa. We are partnering with organisations who have more expertise in this field and working collaboratively to support the communities around the babies and children.

"Through supporting the adoption process, TCF also helps to create futures for these children within the context of a family, thus creating opportunities that they may not otherwise have. Our systems help to prevent delays in the process so that children can be placed in permanent placements sooner. This helps to reduce any negative effects of institutionalisation which can impact on their future development and relationships.

"TCF employs qualified professional staff and these salaries make up the bulk of our monthly expenses. Funding and financial support is always appreciated, as it enables us to continue to provide the specialised service to the children and their caregivers too. Contributions towards upgrading our infrastructure are also appreciated."

Engaging in constructive play

Dr Janet Lumb (Paediatrician)

Terryl Mathibedi (occupational therapist) – working with a caregiver to share home programme activity ideas

Terryl helping a child with blocks

Go to http://www.thusanani.org.za/ for more information on how you can donate or support them.

thusanani childrens foundation

GIANT WORDSEARCH NO. 329

W	P	H	E	U	Q	A	P	O	C	C	U	P	A	T	I	O	N	W	F	J	U	K	S	U	M
D	U	M	P	S	T	E	R	S	F	L	E	H	S	I	L	V	E	R	E	D	H	D	S	J	I
F	L	O	O	D	L	I	G	H	T	O	O	T	T	A	T	E	A	R	Z	D	T	F	S	B	G
E	L	U	D	E	H	C	S	A	Q	H	U	E	J	V	K	H	I	X	X	N	E	U	I	H	L
M	E	E	S	O	R	V	T	M	O	J	W	L	D	L	W	P	Z	G	M	I	H	P	M	O	A
Y	R	R	A	T	R	T	A	E	S	V	G	R	Y	A	M	O	K	K	L	W	V	R	P	R	S
H	Z	V	B	D	O	Q	L	C	I	I	V	S	A	E	R	S	V	E	K	L	B	E	L	S	S
T	F	K	C	C	N	N	A	W	U	T	L	J	B	P	X	G	R	U	A	R	A	P	Y	E	M
S	N	I	Y	G	A	T	I	L	W	U	P	A	H	Y	A	Y	I	F	N	I	S	M	T	B	A
B	O	O	M	E	R	A	N	G	D	B	M	B	D	C	R	R	P	T	D	H	I	E	N	A	K
W	B	K	E	L	P	W	E	X	W	I	T	H	O	U	T	A	O	L	N	W	L	T	E	C	E
U	W	N	N	A	E	Y	D	Y	R	O	T	C	A	F	E	A	N	U	G	E	I	A	D	K	R
N	O	V	A	T	H	H	X	K	R	O	W	D	L	E	I	F	H	O	N	E	C	T	I	W	E
G	L	Y	E	T	V	A	G	U	E	E	T	A	C	I	D	B	A	T	I	D	A	I	C	A	O
P	B	T	L	K	I	F	L	I	N	T	L	O	C	K	A	H	I	R	M	S	K	R	N	R	F
Y	N	A	B	Z	A	O	Q	D	Z	K	G	X	A	F	N	C	T	M	O	U	S	R	I	D	J
H	E	F	A	Y	G	U	N	Z	N	N	N	N	M	D	C	L	A	I	C	I	F	I	T	R	A
H	R	L	L	T	O	A	Q	A	I	O	H	A	O	Q	E	R	V	U	E	O	N	A	M	D	Y
V	V	E	L	R	T	E	N	T	L	A	E	J	U	I	R	H	W	N	B	W	U	Y	Z	R	E
Y	E	K	T	O	G	O	I	O	B	I	B	U	F	G	T	S	H	E	N	N	D	N	X	V	B
H	D	I	Z	F	W	V	C	I	S	B	Z	R	L	W	M	A	A	A	U	J	B	X	I	P	C
P	N	L	L	F	E	I	T	N	M	E	E	E	A	A	O	X	T	P	G	B	J	T	A	P	P
A	U	E	N	E	M	A	O	N	O	H	D	V	G	S	L	M	P	S	L	G	C	I	A	J	Y
R	O	E	Z	E	T	E	D	Q	A	Z	G	I	E	L	I	A	U	Q	E	I	L	R	D	Z	A
G	B	R	S	O	L	S	G	A	V	G	T	I	V	R	C	O	C	T	D	G	N	E	A	M	F
I	E	T	A	E	D	N	E	R	S	A	E	P	G	E	A	P	N	N	X	Y	W	G	P	H	E
L	D	G	M	D	I	O	N	C	T	H	K	L	E	A	C	G	I	O	C	C	R	T	T	G	W
L	I	A	M	T	I	A	C	I	U	E	B	R	E	J	N	V	E	N	F	O	Y	C	A	Y	A
A	H	O	S	T	I	C	O	I	R	R	E	O	I	A	J	T	E	P	T	W	Y	U	B	V	R
C	M	A	V	O	I	N	A	N	L	H	I	Q	A	Y	R	G	I	E	Y	K	G	A	L	Z	R
Y	O	O	G	A	U	F	E	L	W	E	L	T	G	R	R	T	S	C	S	N	D	O	E	N	A
R	A	I	R	Y	L	L	K	E	T	P	W	L	Y	E	D	Q	H	U	A	O	H	M	R	N	N
R	I	N	G	O	F	F	S	I	D	E	D	T	M	X	U	O	X	L	C	A	U	B	E	L	T
A	E	N	P	R	U	L	Y	S	U	L	L	E	N	E	D	E	P	M	I	L	D	E	M	M	Y
M	E	D	D	L	E	S	S	S	E	R	T	N	A	H	C	N	E	K	A	N	L	T	O	M	Y
G	I	B	T	A	M	H	G	L	M	Y	Q	H	M	H	Z	I	H	T	J	K	G	Y	D	P	A
R	X	P	S	P	R	M	U	X	O	S	B	E	W	W	U	J	E	B	D	E	L	I	G	H	T

Can you find the listed words in the box of letters? They may read horizontally, vertically and diagonally, either forwards or backwards, but always in straight lines.

ABDICATE
ABRASION
ADAPTABLE
AGITATION
AMOROUS
ARTIFICIAL
BACKWARD
BALL
BASILICA
BEVERAGE
BOOMERANG
BOYCOTT
CALLIGRAPHY
CAMOUFLAGE
CENTIGRADE
CHAMELEON
COGNITIVE
DASHBOARD
DELIGHT
DENIAL
DOCILE
DOZE
DUMPSTER
EARTHLING
EFFORT
ELEGANT
ELSEWHERE
EMERGENCY
EMPIRE
EMULATE
ENCHANTRESS
FACTORY
FEUDALISM
FIELDWORK
FLINTLOCK
FLOODLIGHT
FOUL
GESTATION
GIGANTIC
GLASSMAKER
GROTESQUE
HABITAT
HAGGLE
HEALTHY
HIDEBOUND
HORSEBACK
HOST
IMPEDE
INCIDENT
IRRITATE
KELP
KERNEL
LANGUAGE
MANOEUVRE
MARRY
MEDDLE
MISSIONARY
NATIONALIZE
NERVE
NOSEDIVE
NOVA
OCCUPATION
OFFSIDE
OPAQUE
OVAL
PAIL
QUAIL
QUAKE
RADICAL
RELIEF
RING
ROASTING
ROSE
SAPLING
SCHEDULE
SECURITY
SEMICOLON
SHAME
SHELF
SILVER
SIMPLY
SULLEN
TARRY
TATTOO
TEMPER
TENT
THATCH
THYME
TREELIKE
UNBECOMING
VACUUM
VAGUE
VINDICTIVE
WARRANTY
WEEKLY
WHARF
WHIRLWIND
WITHOUT
WRAPAROUND
YELLOW

CODEBREAKER

CODEBREAKERS require inspired guesswork. They are crosswords without clues. Every letter of the alphabet is used (you might find it useful to cross out the letters located by the grid as you find them) and each letter has its own number. In this puzzle '22' has the letter 'P', so a useful start is to insert 'P' in all the boxes that contain the number '22'. Vowels appear at least once in a word but letters such as 'X' and 'Z' are few.

13	25	22	3	24	12	8	■	21	26	23	3	22
11	■	21	■	12	■	12	■	25	■	1	■	8
3	4	6	3	13	21	14	■	21	2	21	14	25
24	■	12	■	12	■	25	■	■	■	14	■	18
15	3	6	■	9	12	6	3	7	21	1	13	16
■	■	24	■	12	■	17	■	8	■	■	■	16
24	11	21	21	14	25	■	24	16	18	12	14	20
14	■	■	■	12	■	10	■	18	■	7	■	■
12	20	2	21	6	13	23	14	21	■	7	3	19
18	■	12	■	■	■	3	■	14	■	8	■	8
8	16	4	3	24	■	24	12	22	1	3	5	21
21	■	23	■	12	■	21	■	16	■	24	■	12
20	14	21	12	14	■	14	16	13	12	13	16	14

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22 P	23	24	25	26

NUMBERSEARCH

WITHIN this grid are hidden the numbers below. They are found horizontally, vertically, diagonally and back-to-front.

7	6	3	7	4	9	7	9	2	2	9	8	0	8	3	2	3
9	7	0	3	1	6	3	7	7	7	7	3	1	6	6	8	5
3	3	5	3	4	9	9	2	5	4	9	0	3	7	0	2	1
2	7	3	5	4	4	5	0	2	2	7	5	3	2	1	9	2
7	9	0	4	8	5	9	1	6	1	7	9	5	2	2	9	3
8	8	2	6	5	3	6	2	3	3	3	1	8	6	7	4	5
0	7	9	1	3	9	2	4	0	2	8	6	2	1	0	3	7
8	0	4	1	5	4	3	4	7	4	5	4	2	7	5	0	5
9	8	5	3	6	9	0	7	4	5	2	8	1	2	0	7	6
5	0	8	1	1	6	4	2	8	7	9	7	8	0	6	1	3
0	9	0	0	0	0	1	2	3	0	8	7	4	3	2	9	2
3	6	0	5	7	2	0	6	0	6	9	5	9	0	0	6	9
5	2	1	8	3	3	7	6	9	3	4	6	9	9	4	6	3
8	6	4	3	2	6	8	3	6	0	6	8	0	7	4	2	5
0	5	5	2	2	4	2	0	3	7	2	7	4	8	6	8	7
4	6	8	1	7	6	0	4	2	0	3	8	9	5	8	1	3
8	6	2	9	0	8	8	6	4	8	0	4	3	2	3	6	4

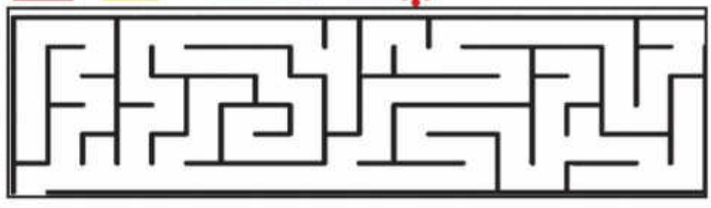
07897376	3029458001	60428095	809268
1408	3620148360	6063862346	897479
1506040375	3723072	612098204	935734
1926242736	39782535	6137777361	951292
2012447226	4402605072	6340236484	9684972
2812076	4529943533	662816	990493
2930	4539496023	7936008	
297947367	5434745427	80872397	

NUMBER CRUNCH

STARTING from the left with the given number, work your way across each of the puzzles, applying the instruction in each cell to your number.

		8	+		3	3	=	2	0							
		+			+			+								
1	1		+		4		=		6	5						
1	8		+		8	1	=		6	6						

KIDS MAZE



Celeb Crossword...

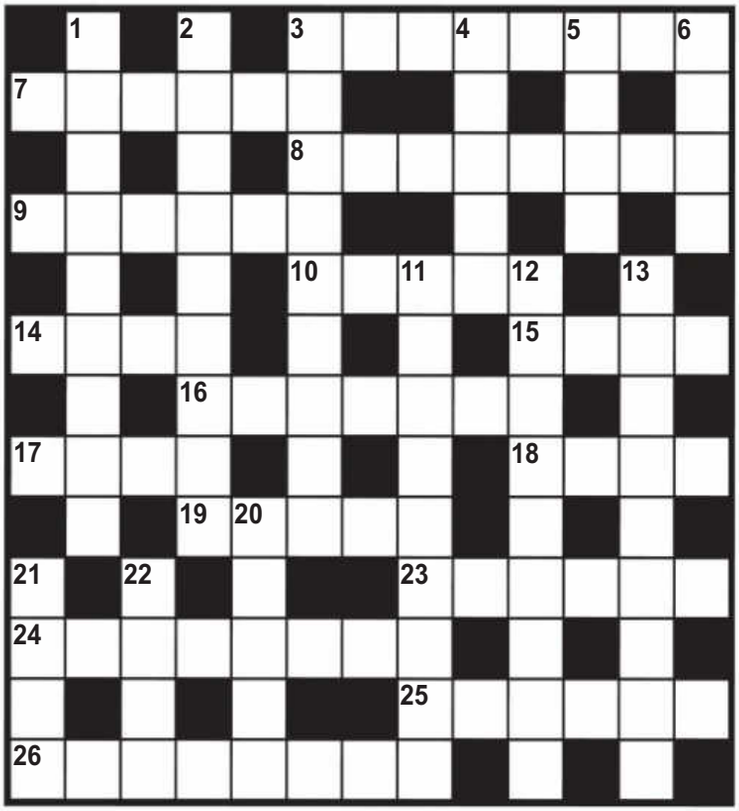
Across

2. US actor and filmmaker, whose movies include *The Expendables 3*, *Signs*, *The Beaver*, *Lethal Weapon* and *Braveheart* (3,6)
6. Marnie Mason in *Twins* and Avery Bishop in *Jerry Maguire* are movie roles played by this US actress and former model, who is married to *John Travolta* (5,7)
7. English actress, whose movies roles include Linda in *The Pursuit Of Happyness*, Nyah Nordoff-Hall in *Mission: Impossible II* and Stella in *RocknRolla* (7,6)
8. The role Dr Bruce Banner/the Hulk in *The Avengers* and *Avengers: Age Of Ultron* was played by this US actor whose movies include *Foxcatcher* (4,7)
9. Academy Award-winning US actress whose movies include *Miss Potter*, *Cinderella Man*, *Chicago*, *Bridget Jones's Diary* and *Bridget Jones: The Edge Of Reason* (5,9)

Down

1. US actor, comedian and singer who played the film roles of Dewey Finn in *School Of Rock*, Ignacio in *Nacho Libre* and Jeff 'Fats' Portnoy in *Tropic Thunder* (4,5)
2. For her performance as Lynda Dummar in *Melvin And Howard* this US actress, whose movies include *Last Vegas*, *Step Brothers* and *The Proposal*, won the Academy Award for Best Supporting Actress (4,11)
3. US actress who played the role of Bobbi in the 2014 movie *Wild*, Ellie Sattler in *Jurassic Park* and Mrs Lancaster in *The Fault In Our Stars* (5,4)
4. Ellen Ripley in the *Alien* movies is played by this US actress, whose movies include the 2014 *Chappie*, *Gorillas In The Mist* and *Working Girl* (9,6)
5. *Hocus Pocus*, *Beaches* and *The Rose* are movies in which this US singer, actress and comedienne, also known as The Divine Miss M, starred (5,6)

CRYPTIC CROSSWORD



Across

3. In Paris, the French have the right to retaliate in such a way (8)
7. Observe it's not that frozen stuff (6)
8. Ian and the other stars are so skilled! (8)
9. Make known the minister has gone to Lae and back (6)
10. It's a finer way to imply something (5)
14. Story of a gas leak (4)
15. I fear little with one so noble present (4)
16. I can't see it! Must have gone down! (7)
17. Wax it with that nice red one (4)
18. No, Valerie! It's inside for playing! (4)
19. Asks to be given 100 containers (5)
23. I get muted out of sheer boredom (6)
24. Makes his music so soothing! (8)
25. They're such flighty people! (6)
26. You are joining the ladies and intend remaining there (8)

Down

1. Dared me to show how I became less violent (9)
2. Makes one rebel as it frees one (9)
3 It's a relic and it's so lifelike too! (9)
4. I move my ears as it gives me a lift (5)
5. Nine inches needed for some pans to be put away (4)
6. Has left following a whipping (4)
11. Get out faster, Len! It's on the window! (9)
12. They play when they're registering? (9)
13. One is sure to stare on seeing such prized things (9)
20. Able to be heard in a dual about nothing (5)
21. Oscar was beheaded and has something to show for the injury (4)
22. I join the politicians – the little devils! (4)

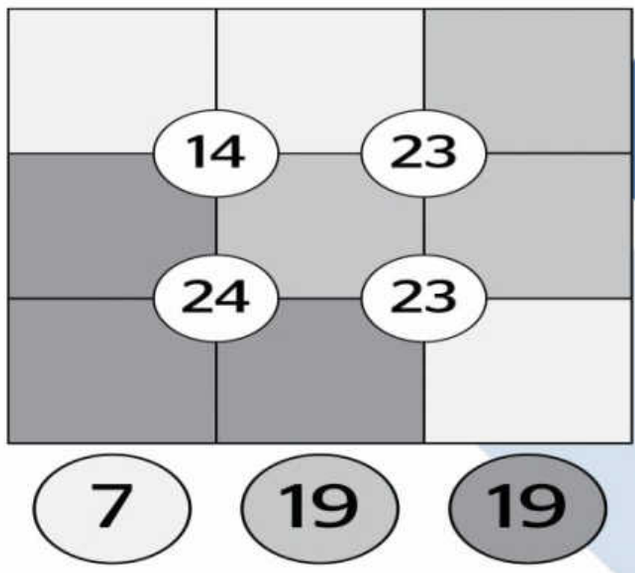
MONSTER SUDOKU

COMPLETE the grid so that every row, column and 4x4 box contains 0, 1, 2, 3, 4, 5, 6, 7, 8 and 9 and a, b, c, d, e and f.

B		4			7				6			3	0		A
			E			1			0				9	4	
		8	3				2			F	D		7	B	
			2		C		E			3					F
		B		6		4		8		D					
8	3	1					C	7				6	4		
0	E				9				5	6	3	8			B
A	6	D				B		F	C	9					3
3					1	C	7		F				A	5	4
4			A	9	2	5				8				0	6
		2	1				4	D					E	3	7
					A		F		2		9		C		
5					0			B		7		4			
	1	E		7	4			3				C	B		
	4	A				F			1			7			
D		3	C			A				4			5		0

SUKO

Place the numbers 1 to 9 in the spaces so that the number in each circle is equal to the sum of the four surrounding spaces, and each colour total is correct.



"Think they'll ever come up with a 36-24-36 _ _ _ _ _ _ _ _ _ _ _ _?"

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Bloom LOWFER

Liberal ROSEPUF

Blunt TRICED

Lithe LIMBEN

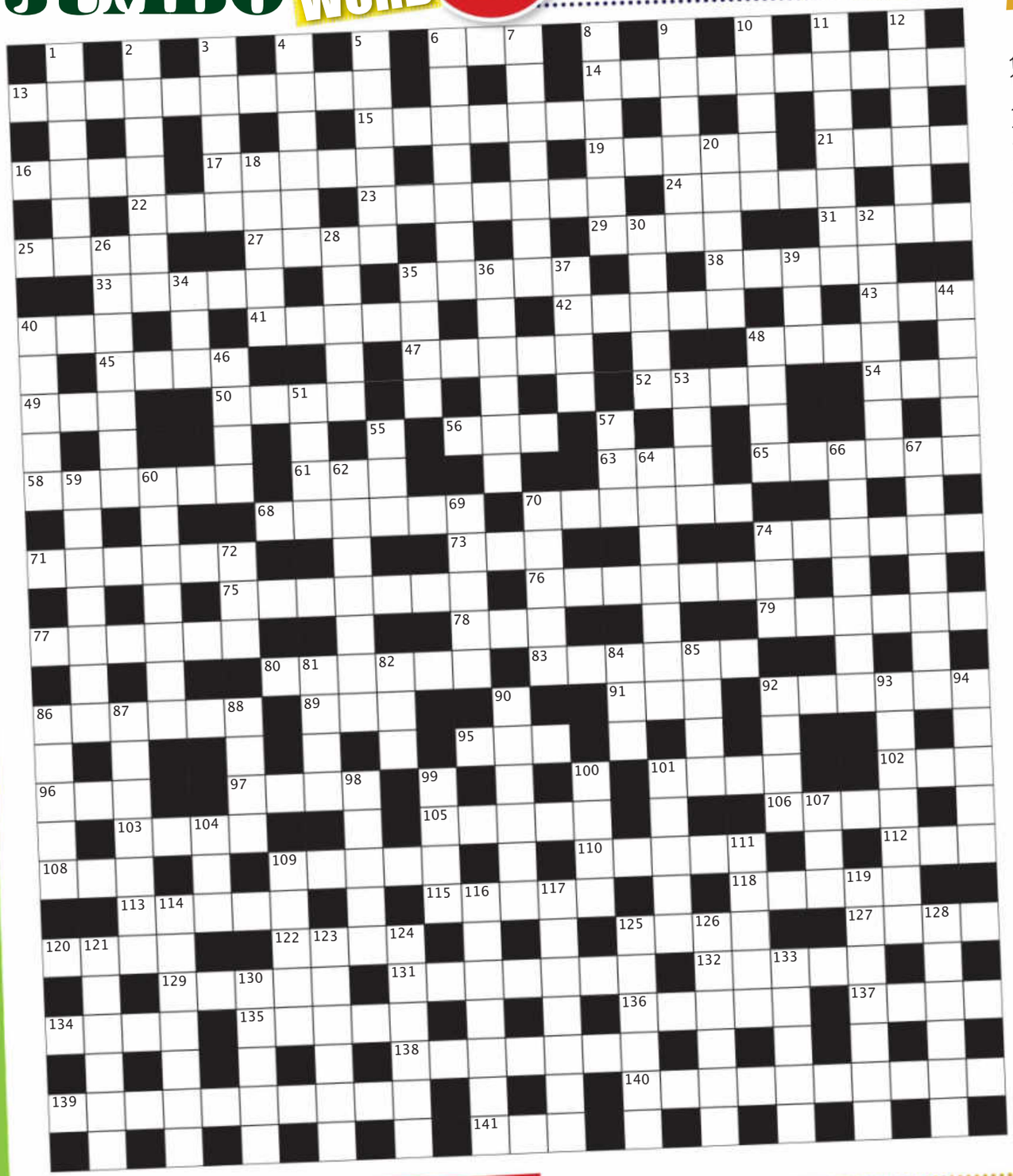
TODAY'S WORD

STICKLERS

Here is a scrambled 15-letter word that is known to all. See how long it takes you to unravel it.

L
S O
A T I
P I O A
T I Z N H

JUMBO CROSS WORD NO. 321



ACROSS

6. Precious stone
13. Penultimate (4,3,3)
14. One's legs as transport (6,4)
15. Protective wall
16. Sheltered inlet
17. Wading bird
19. Reddish brown
21. Pesky insect
22. Bills of fare
23. Unconventional
24. Michaelmas daisy
25. Sushi wrap
27. Ages and ages
29. Recedes
31. Pismires
33. Rose essence
35. Untidy
38. Fragrance
40. Happiness
41. Australian wild dog
42. Spread
43. Family
45. Nervous
47. Disturb
48. Brouhaha
49. Cave dweller
50. Impolite look
52. Outer covering
54. Egg cells
56. Solemn promise
58. From that time
61. Spoil
63. Kimono sash
65. Warrants
68. Panda's diet
70. Scold
71. Peril
73. Greek letter
74. Strategy
75. Crude
76. Liquor from agave plant
77. Pick up on
78. Rodent
79. Not refined
80. Writing credit
83. Sign
86. Expensive
89. Conger
91. Forty winks
92. Verse
95. Spot
96. Pirate's quaff
97. Retained
101. Way out
102. Baked dessert
103. Samovars
105. Birds of prey
106. Highest point
108. Rocky peak
109. Spicy sauce
110. Trunk
112. Eye part
113. Nothing
115. Forbidden
118. Strong rope
120. Hold fast
122. Vipers
125. Cream of the crop
127. Lived in Eden
129. Pine exudation
131. Central part
132. Log home
134. Flightless bird
135. Skilled
136. Dwelling
137. Clarified butter
138. Walked on
139. Close to (2,3,5)
140. Undecided (2,3,5)
141. Quick swim

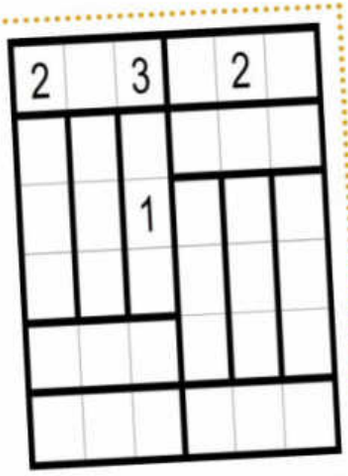
SUDOKU

PLACE a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

	1	3	4				7	
	5				6	9		
4				8				1
	6				4	3		
7				2			9	5
		2	3	1			8	
		5			9			2
3			8			7		
	4		5	3			1	

TATAMI

TATAMI is a 6x6 grid logic game played with the numbers 1 to 3. Each 3x3 slab must contain all the numbers 1-3 with no duplicates. Adjacent slabs cannot contain the same number, i.e. the number 3 cannot be placed next to another number 3. Each row and column must contain a double set of numbers (two 1s, two 2s and two 3s).



DOWN

1. Conditional release
2. Try
3. Chess piece
4. Not smooth
5. Greek coin
6. Long-necked animal
7. Kermit and Fozzie
8. Shrewd
9. Monkey-bread tree
10. Circumvent
11. Witty saying
12. Baby
18. Protect
20. Composition
26. Baby clothes
28. Snow leopard
30. Sailor's bed
32. Kenya's capital
34. Pull
35. Castle ditch
36. Spring or autumn
37. Sweet potatoes
39. Many times
40. Frilly neckwear
44. Russian beer
46. Oxen's harness
48. Glance over
51. Tibetan monk
53. Army group
55. Globe
57. Neither …
59. Anchor-hoisting cry (5-2)
60. Inattention
62. Sealed vial
64. Female baboon
66. Hermit
67. In that direction
69. Earthy pigment
70. Vertical ship posts
72. Groove
74. Luggage attachment
81. Shrill bark
82. Sick
84. Wildebeest
85. Pinnacle
86. Insertion mark
87. Japanese warrior
88. Beasts of burden
90. Spider's creation
92. Greek pocket bread
93. Thinned out
94. Traffic sign
98. Dutch bloom
99. Converse
100. Regarding (2,2)
101. Spine-tingling
104. Pester
107. Young lion
109. Unemotional
111. Group of eight
114. Erect
116. Leave secretly
117. Confessed (5,2)
119. Lacking zip
121. Rules
123. Derisive looks
124. Couch
125. Skullcap
126. Talent seekers
128. To-do list
130. Know-how
133. Jazz genre

EVEN EXCHANGE

EACH numbered row contains two clues and two answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

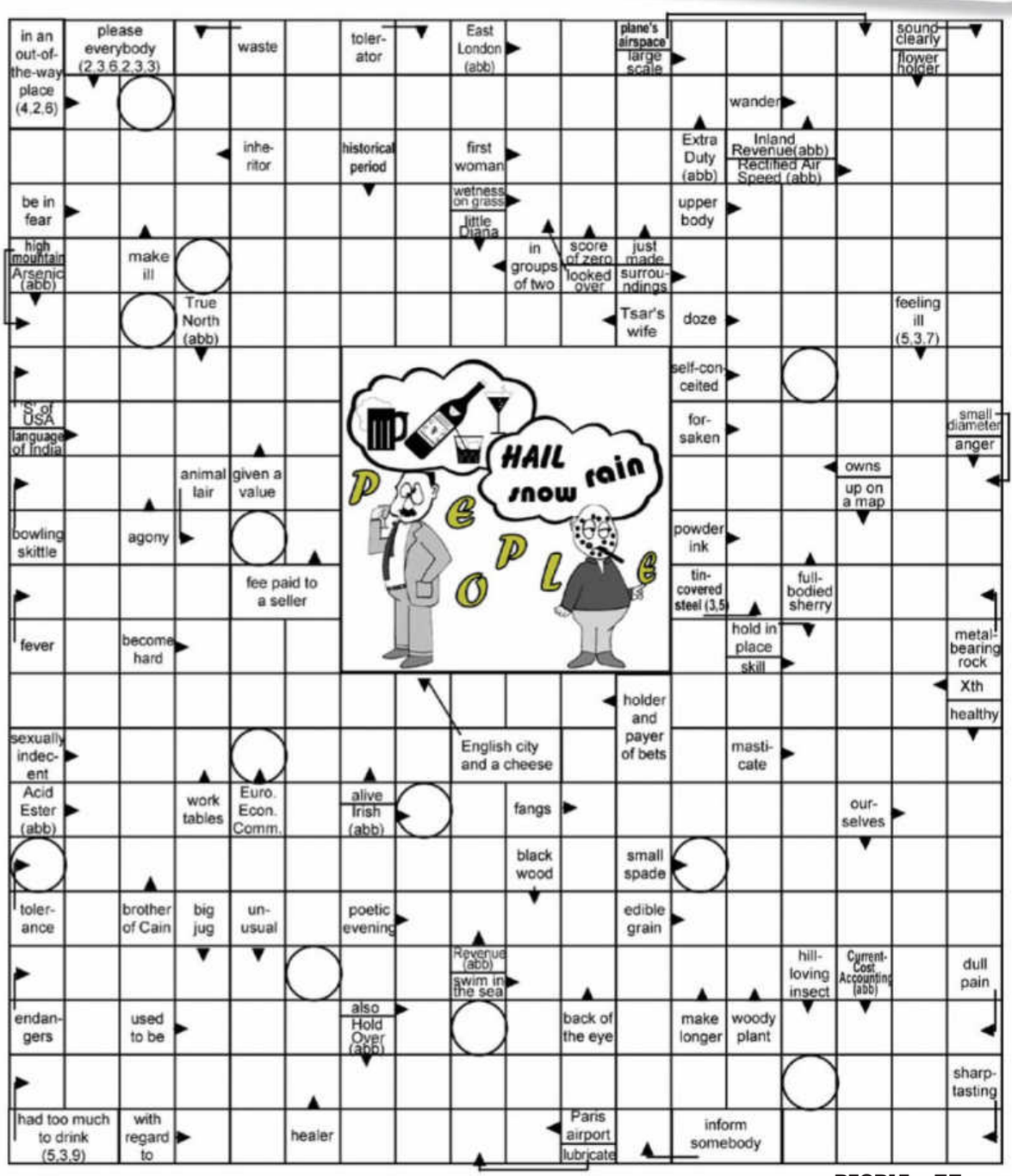
1. Flag maker Ross	_ _ _ S _	Miss Boop	_ _ _ T _
2. Composer Debussy	_ _ _ _ D _	Contract section	_ _ _ _ S _
3. Gibraltar or Magellan	_ _ _ _ T	Run through a sieve	_ _ _ _ N
4. Soldier's holiday	_ _ _ V _	Rent	_ _ _ S _
5. City official	_ _ Y _ _	Military rank	_ _ J _ _
6. Margarine's rival	_ _ _ T _ _	House servant	_ _ _ L _ _
7. Yosemite and Central	_ _ _ _ S	Hooded jacket	_ _ _ _ A
8. Physical well-being	_ _ _ L _ _	Fireplace	_ _ _ R _ _
9. Ice cream spoon	_ C _ _ _	Nose around	_ N _ _ _
10. Dad	F _ _ _ _	Shaving foam	L _ _ _ _

BLOCKWORD NO. 610

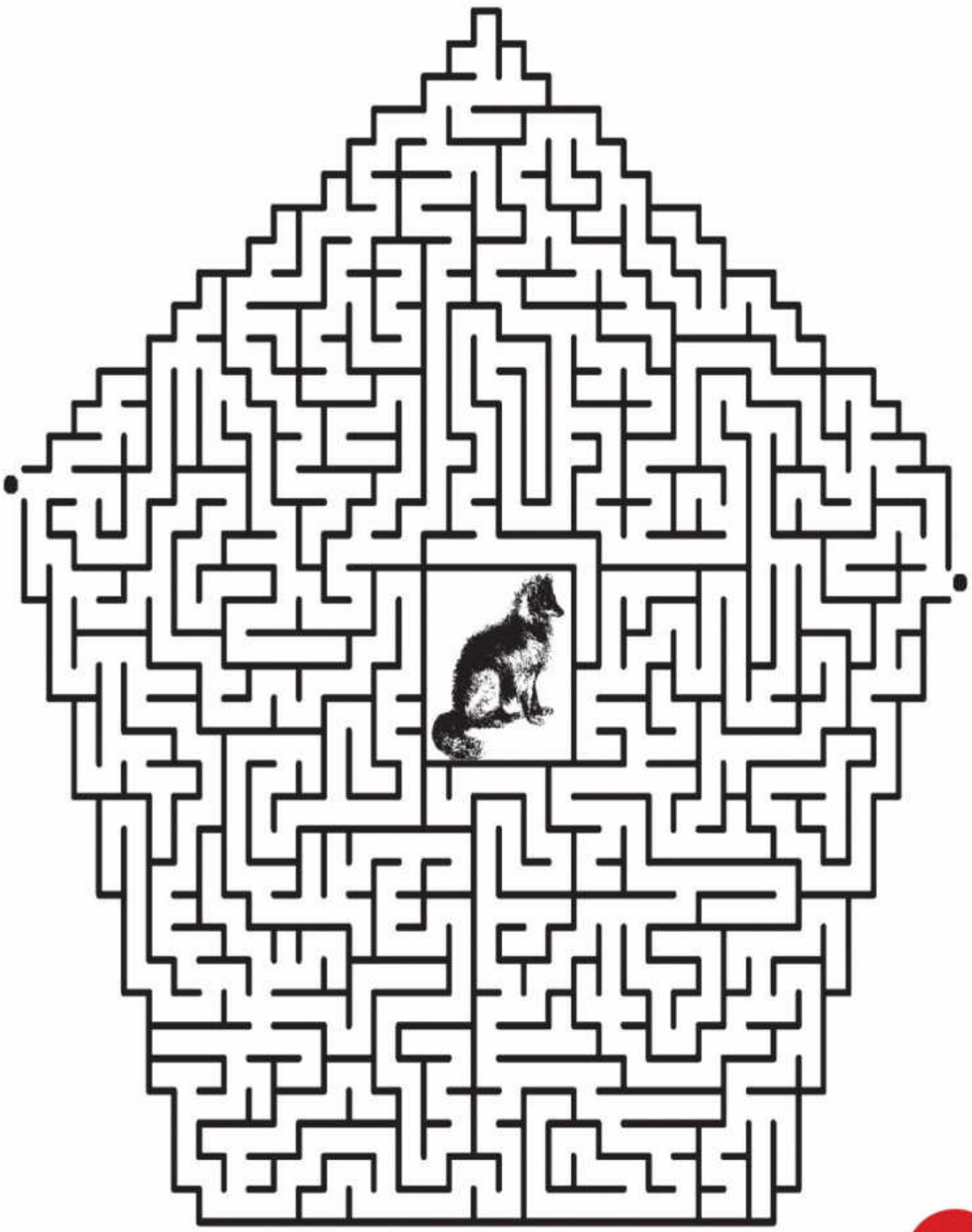
BY BARRIE THOMSON

WIN R500

TO ENTER this BLOCKWORD, all you have to do is finish the grid, and the ringed areas will make up one word. The clue to the answer is: Enjoyment. Sms 48408 with the answer, your name and surname, and **people**/Blockword No. 610. Be sure to sms before September 21, 2015. By doing this, you could win R500. Winner of Blockword 606: Natasha Grimble. Answer: Considered. Winners will be paid electronically. Smses charged at R1.50 and free smses do not apply. Terms and conditions apply.



Mega Maze



SUGARU

		1		
	4			
3				1

EACH cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3; and so on. No same digit appears in any neighbouring cell, not even diagonally.

MISSING LINKS

CALCULATE the results and actions. Fill the missing links from the top.

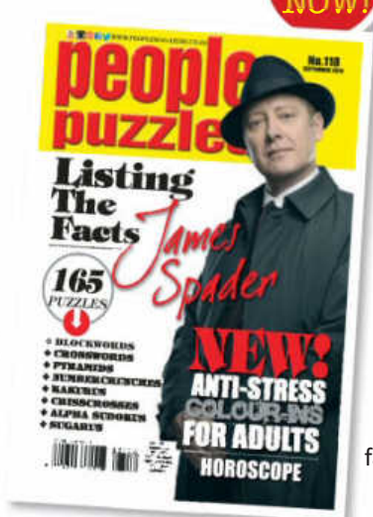
RESULT		ACTION	
	450	÷	
=		+	32
=	107	x	
=		+	438
=	866	÷	
=		-	262
=	171	÷	
=		x	5
=	95	x	
=		+	22
=	687	-	
=		x	4
=	932		

FIND-A-WORD

Bend
Bowline
Boy Scouts
Camping
Cat's Paw
Constrictor
Cord
Eye Splice
Figure of Eight
Girl Guides
Granny Knot
Jam
Loop
Mast
Reef Knot
Rigging
Rolling Hitch
Sailors
Sheet
Ships
Short Splice
Skills
Slip Knot
Surgeon
Sutures
Two Half Hitches
Unravel
Weavers

T	T	H	G	I	E	F	O	E	R	U	G	I	F	S
O	C	O	N	S	T	R	I	C	T	O	R	F	S	E
N	S	T	O	N	K	P	I	L	S	J	H	E	H	H
K	A	A	M	S	T	E	B	S	A	C	N	C	O	C
F	I	S	A	I	N	E	U	M	T	G	N	I	R	T
E	L	L	S	G	N	T	B	I	I	O	P	L	T	I
E	O	L	T	D	U	O	H	R	E	O	C	P	S	H
R	R	I	T	R	W	G	L	G	O	O	O	S	P	F
W	S	K	E	L	N	G	R	L	S	G	R	E	L	L
E	E	S	I	I	U	U	N	I	E	H	D	Y	I	A
A	T	N	L	I	S	H	E	I	G	V	I	E	C	H
V	E	L	D	T	E	E	H	S	P	G	A	P	E	O
E	O	E	C	A	T	S	P	A	W	M	I	R	S	W
R	S	S	T	U	O	C	S	Y	O	B	A	N	N	T
S	T	O	N	K	Y	N	N	A	R	G	R	C	G	U

ON SALE NOW!



WORDOKU

THERE are 9 letters used within the puzzle, each letter must be used (but never re-peated) in every row, column and 3x3 square.

		R		A	O			
	E	L		C			P	
			E	L				R
				M				
R		V		O		E		C
						L		V
		A						E
	M		L					O

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GO FIGURE

THE idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram – by following the arithmetic signs in the order they are given (from left to right and top to bottom). Use only the right numbers below the diagram to complete its blank squares, and use each of the nine numbers only once.

	÷		+		9
−		−		−	
	−		x		5
+		x		÷	
	x		÷		4
6		5		1	

1 2 3 4 5 5 6 7 9

Killer Kakuru

FILL the grid so that each block adds up to the total in the box above or to the left of it. You can only use the digits 1-9 and you must not use the same digit twice in a block. (The same digit may occur more than once in a row or column, but it must be in a separate block.)

		15	4	10			11	4	15	
	7 6					6				6
10					6	10 7				
6			11					6		
5			10 20					3 25		
	5			4 16			4 17			
		17				17				
		16 15			6	16 7			15	
	4 6			6 10			13 11			7
6			10					4		
3			11 3					3 4		
10						10				
	6					7				

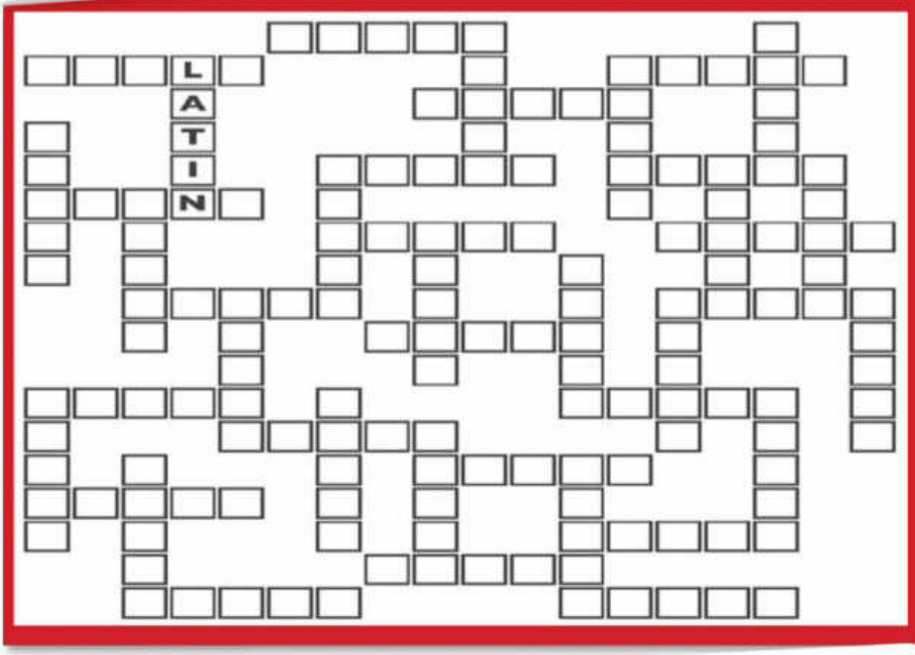
Arrow Word

First letter of a word		White mineral salt	Gratuity	Outfitter		Before	Slobber		Tavern	Irish Republic	Knotted neckwear
Tidy, smart	►					Eider-down quilt	►				
Hip bones	►				Globe	►			Borodin opera, 'Prince...'		
►						Indicate		Vexation	►		
Inane			Slightly wet		Avoid by trickery	►					Wooden wheel rim
Trans-parent		Headless clasping pin	►					Vitamin		... Hartford, 1960s footballer	
►					Court of justice		Scottish hill slope	►			
Even, relative	Invaders	Fish-feeding bird		Helmet-like hat	►				Superior person		
►											
Mature			Untruth	►			Hard organic substance			Garden shrub	
►				Abomi-nable snowman		Holy book	►				
Become more profound			River in Alaska	►					Respect-ful fear		Coinage of Myanmar
►						Boxing term		Euro-pean mountain	►		
►			Subtract (4,4)	►							
Attempt		Metric measure	►				Form of ten	►			

ON SALE NOW!

CRISS CROSS

FIT the words in the grid.



5 LETTERS

ABUSE
AGAPE
ARMED
ATLAS
BOWEL
COMER
DRESS
EDIFY
GLIDE
GULCH
GYRAL
HUMID
IMBED
IVORY
JELLY
KNOCK
LABEL
~~LATIN~~
LODGE
MANIA
MERGE
METAL
NOBLE
OPTIC
ORION
PERKY
PIGMY
QUIRK
RATIO
SERAI
SMALL
SONIC
THING
TORSO
TRAMP
TROTH
VAULT
VENOM
WEDGE
WENCH
WRONG

Spot The Difference!

AT first glance, these two pictures may look identical. But there are some subtle changes in the second picture. See if you can find the six differences.

Celeb Wordmatch

FIND A WORD that can follow the word on the left and precede the word on the right. When you have filled in all the answers, the name of a celebrity can be read from top to bottom in one of the lines.

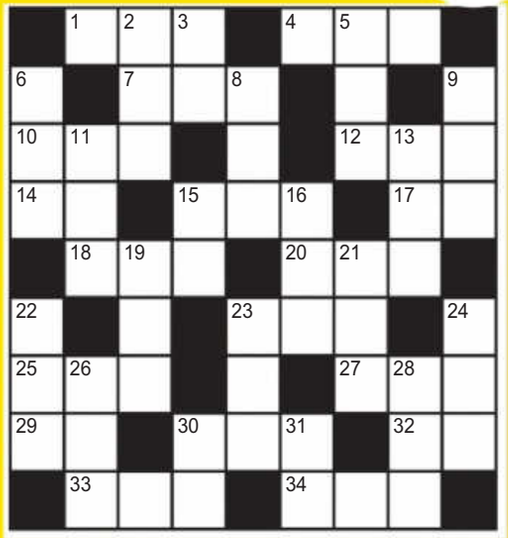
PEANUT							NUT
WELL							WORD
WATER							VISION
PRINCESS						■	FAMILY
GRAND							RACE
TORTOISE	■						FISH
NANNY						■	CAPITAL
TOP							BILL
TIME	■						CROPPING
BURIAL							BREAKING
DRY							FAIR
AIR							OVER

Wishing Well...

HERE is a pleasant little game that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

5	6	5	8	4	5	4	5	6	5	8	3	8
W	A	I	U	S	S	T	D	N	O	S	A	E
3	6	8	6	5	6	2	8	7	5	6	8	5
S	E	C	W	M	B	S	O	L	I	E	M	S
7	8	7	4	8	7	2	4	6	2	3	8	3
O	M	O	A	O	K	M	Y	G	O	O	N	L
8	5	2	3	7	4	8	2	5	4	5	6	3
S	G	O	U	T	O	E	T	A	N	I	I	T
5	7	2	5	7	8	5	8	7	6	2	4	2
N	O	H	E	S	N	D	S	E	N	E	T	R
7	4	3	2	3	8	6	3	2	3	7	2	6
L	R	I	G	O	E	N	N	O	N	F	I	I
2	3	4	3	4	3	2	3	4	6	3	6	3
N	E	A	A	C	R	G	I	K	N	N	G	G

MATHS QUIZ

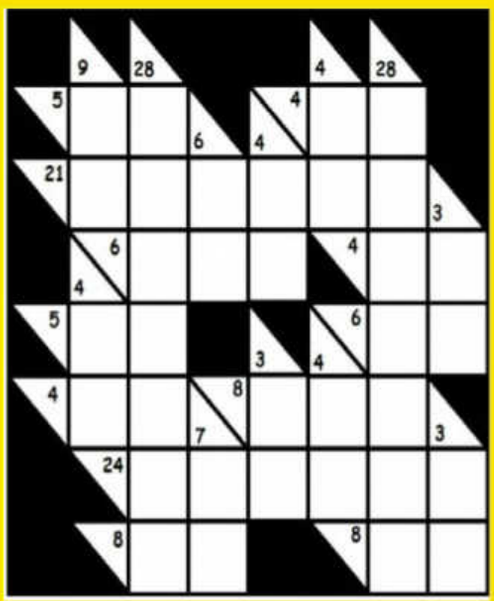


ACROSS
1. 4730 ÷ 5
4. 485 × 2
7. 27 + 514
10. 2210 ÷ 5
12. 8982 ÷ 9
14. 497 ÷ 7
15. 153 × 4
17. 320 ÷ 8
18. 942 - 31
20. 220 - 10
23. 1646 ÷ 2
25. 35 + 510
27. 84 + 307
29. 33 × 2
30. 1700 ÷ 4
32. 4 × 8
33. 510 - 9
34. 872 ÷ 8

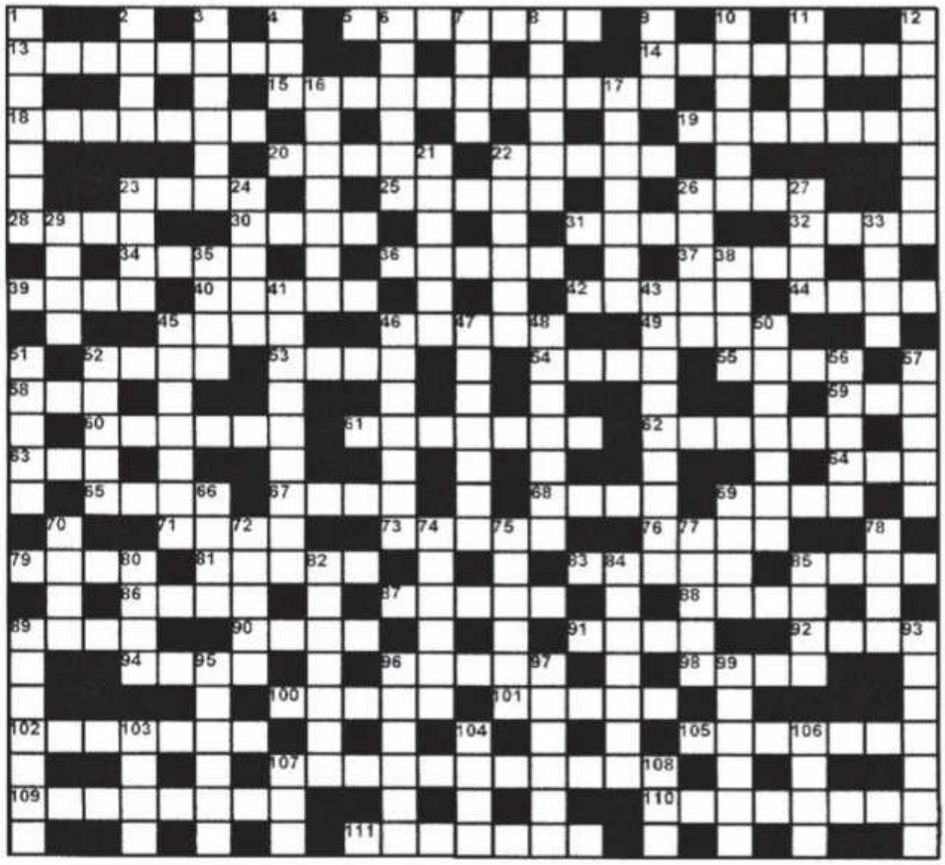
DOWN
2. 277 + 175
3. 8 × 8
5. 5992 ÷ 8
6. 1729 ÷ 7
8. 278 - 87
9. 2040 ÷ 3
11. 2514 ÷ 6
13. 6580 ÷ 7
15. 305 ÷ 5
16. 243 - 21
19. 345 ÷ 3
21. 82 + 51
22. 285 + 171
23. 421 × 2
24. 336 ÷ 3
26. 232 + 233
28. 5634 ÷ 6
30. 369 ÷ 9
31. 17 × 3

KAKURU

FIT only the numbers 1 to 9 into the grid so that each horizontal run of white squares adds up to the total above the diagonal line to the left of the run, and so that each vertical run of white squares adds up to the total below the diagonal line above the run. No number can be used more than once in any run.



CROSSWORD



ACROSS
5) Eighth month of an old calendar (7)
13) Made very angry (8)
14) Violet gemstone (8)
15) Factual film (11)
18) Make an annual journey (7)
19) Small dried grape (7)
20) Restate the main points of a lesson (5)
22) Room under the roof (5)
23) Shed blood (4)
25) Lift up (5)
26) Biblical place of torment (4)
28) Accurate (4)
30) Dutch cheese in a red wax (4)
31) Too nice and sweet (4)
32) Assert with confidence (4)
34) Problem (4)
36) Drop in market prices (5)
37) Flows back (4)
39) Loud and threatening speech (4)
40) Pig meat for breakfast (5)
42) Ride a bike (5)
44) Back-end protrusion (4)
45) As well (4)
46) Broadside of ship's guns (5)
49) Capital of Norway (4)
52) Time for cut-price bargains (4)
53) Having no idea where you are (4)
54) Literary work written in verse (4)
55) Large branch of a tree (4)
58) Snake that killed Cleopatra (3)
59) Natural atmosphere (3)
60) Stimulate (6)
61) Name of a major ocean (7)
62) Cases of negative income (6)
63) Glass container for jam (3)
64) Brown in the sun (3)
65) Seeing organs (4)
67) Domesticated (4)
68) Single item of a group (4)
69) Up and down sea movement (4)
71) Got up (4)
73) Material for a pair of jeans (5)
76) God's garden (4)
79) Mountain road (4)
81) Beneath (5)
83) Object-locating system (5)
85) Lose rooting on ice (4)
86) Ball game played on a horse (4)
87) Platform for a play (5)
88) Very keen on (4)
89) Passport insertion (4)
90) Crushing defeat (4)
91) Units of electrical current (4)
92) Play act without sound (4)
94) Pout (4)
96) Thoughtless and vulgar (5)
98) American university (4)
100) Diamond weight standard (5)
101) Jewelled coronet (5)
102) Distinct part (7)
105) Speech impediment (7)
107) Misleadingly (11)
109) Get sequenced and prepared (8)
110) Extremely happy (8)
111) Of greatest importance (7)

DOWN
1) Illness (7)
2) Terror (4)
3) The 'sleeping sickness' fly (6)
4) Put in an ingredient (3)
6) Puma (6)
7) Prophetic sign (4)
8) The whole of ones property (6)
9) Utter words (3)
10) Completely safe (6)
11) Blacken by burning (4)
12) Engine sounds suggesting something is going wrong (7)
16) A flavouring plant of the mint family (7)
17) Track of rails (7)
21) Spanish rice dish (6)
22) Isaac -----? – sci-fi writer (6)
23) Top quality (4)
24) Edgar ------? – French painter of ballet dancers (5)
26) High-rising part of ladies shoes (5)
27) Ultimate (4)
29) Interpret text (4)
33) Great wrong (4)
35) Capable (4)
38) Warning instrument on a bike (4)
41) Brought together (9)
43) Entirely finished (9)
45) Completely finished (3,4)
46) Cooked over boiling water (7)
47) Coordination (7)
48) Best of several outcomes (7)
50) Waterproof fabric (7)
51) Instrument with 5 strings and a round sound box (5)
52) An extra one for safety (5)
56) Moisten during cooking (5)
57) Wonderful and impressive (5)
66) Spirit surviving death (4)
69) Sea bird like a gull (4)
70) Woman's dress from India (4)
72) Sound made while sleeping (5)
74) Obtain by force (6)
75) Absorb into the body (6)
77) White flower of gardens and grassland (5)
78) Commercial company (4)
80) Electronic junk mail (4)
82) Transfer knowledge (7)
84) Naval commander (7)
85) A few (4)
89) Particular form of something (7)
93) Hug (7)
95) Place of perfection (6)
96) Racing madly forward (6)
97) Precious metal – symbol Ag (6)
99) Creator of works of art (6)
103) Snare (4)
104) Stalk of a flower (4)
106) Flesh (4)
107) Animal lair (3)
108) Up to now (3)

SOAP BLOCKWORD

WIN R500

NO. 591

BY JOHN WHIFFIN / PICS: PUBLICITY/ WWW.ELITEPHOTOAGENCY.COM / MAGAZINE FEATURES

TO ENTER this SOAP BLOCKWORD, all you have to do is finish the grid. When completed the scrambled letters will spell out the answer for the clue: A character in *IsiBaya*. Sms 48408 with the answer, your name and surname, as well as **people**/Soap Blockword No. 591. Be sure to sms before September 21, 2015. By doing this, you stand the chance of winning R500. Winner of Soap No. 587: Joyce Handley. Answer: Hilda de Kock. Winners will be paid electronically. Smses charged at R1.50 and free smses do not apply. Terms and conditions apply.

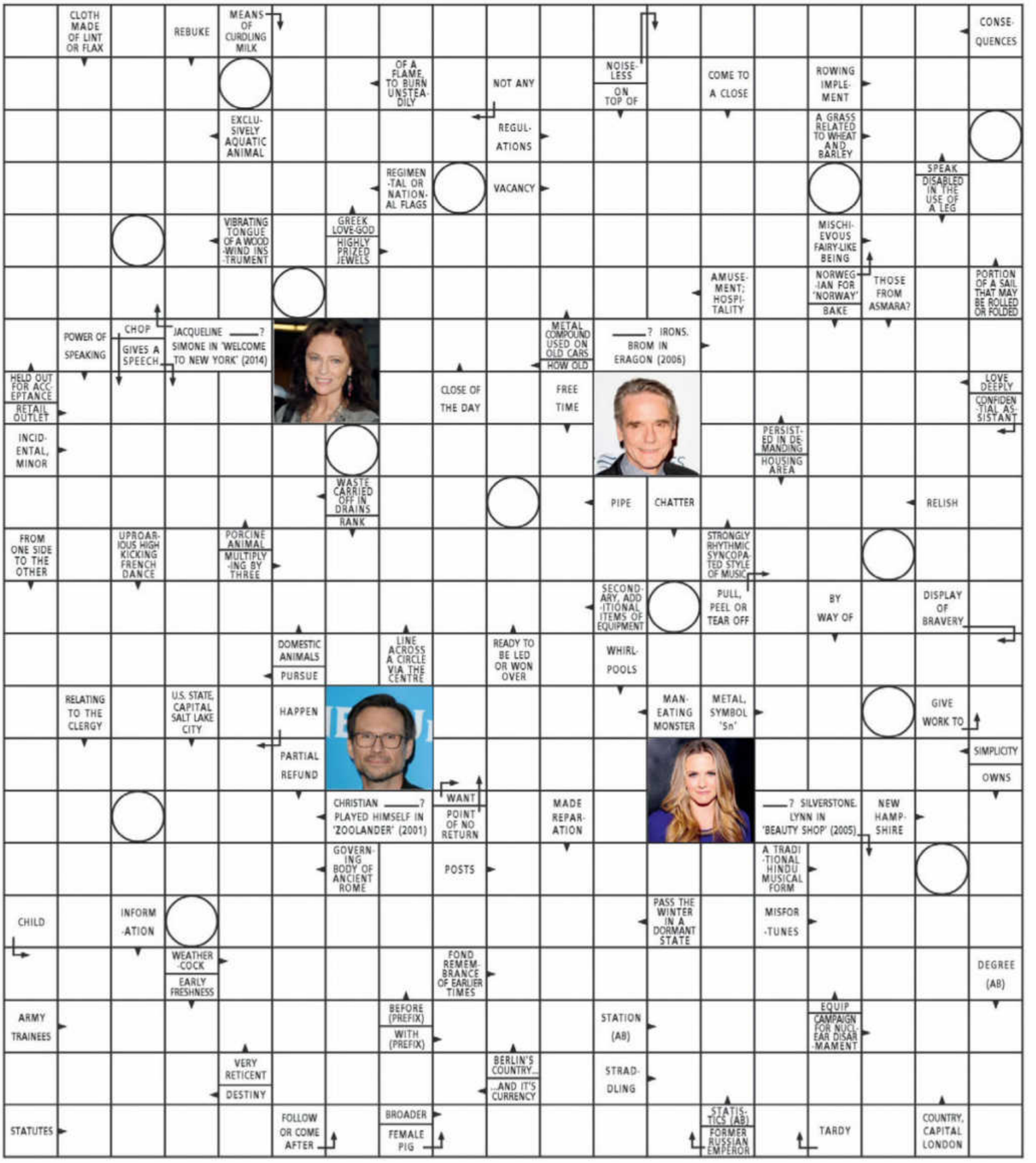
Set of documents relating to a person
Not good enough
Serving no purpose
Twofold
Repentant through fear of punishment
Artist's 'office'?
Refrain from voting
Moisture deposited from the air on cooling
Wading bird sacred to the ancient Egyptians
Fancy
Owner of a fabrication business
Relating to a set of three
Understand
Step as part of a series
List of dishes available
Paul Buckby is Eddie ___ in Isidingo
Left side of a ship
Calling aloud
Rational
Obtained by excavation
Type of ballpoint pen
Sports side
Aversion to work
Clear a boat of water
Incorporated (abbr)
Drowsiness caused by a narcotic
Motionless
Extraction industry worker
Extent from end to end
Person of refined tastes
Strong coffee
Midimo (Bella in Mali)
Bad or badly (prefix)
Consisting of thin plates or layers
Censure
Townsman; member of a state
Of the stars
A dark, salty sauce
Prelude (music)
Before (prefix)
Idiotic
Asian big cat a.k.a. Royal (Tiger)
Mountain pass
Open place
Inflammation of a joint
One who arrests
Path of a moon around a planet
Grow weary
Light musical drama
Beyond the visible spectrum
Reflects in silence
Film award
Peruvian money
Playthings
Cast off
Sharp cry or bark
Convulsion
Trial
Autonomous Chinese region, capital Lhasa
Use of spies
Of a person, stolen for ransom
Boy
Exhibition of cowboy skill
Placed into cipher
Falsified
Snort in sleep
Small freshwater duck
To tidy
Wet earth
Eject or expel
Brought up
Capital of Norway
Location
Drove too fast
Heavenly
High vertical cliffs
Cry of pain
Alfonso is Hope Brady in Days of Our Lives
Keenness of perception
Go by air
Labels
Sick
Second person pronoun
Years old
Single out; identify
Tsheda Vera plays ___ in Muvhango
Bashful
Takes a break
Be in store for
Magnetic resonance imaging
Shelter
Roman goddess of agriculture
Dish of pasta sheets, cheese, meat, etc.
Closing passage
Note to assist memory
Ways of thinking
Plenty
Concur
Sphere of action
Animal life scientist
Level (a weapon at)
Kiln for drying hops
Country invaded by Iraq in August 1990
Institute (abbr)
Northern sea-duck with fine down

CELEB BLOCKWORD NO. 591

BY JOHN WHIFFIN
/ PICS: WWW.
ELITEPHOTOAGENCY.COM

WIN R1 000

TO ENTER our CELEB BLOCKWORD, all you have to do is finish the grid. When completed, the circled letters will spell out the name of a celebrity whose films include *High Season* and *Valkyrie*. Sms 48408 with the answer, your name and surname, and **people**/Celeb Blockword No. 591. Be sure to sms before September 21, 2015. By doing this, you stand the chance of winning R1 000. Winner of Celeb Blockword No. 587: Leza Putter. Answer: Alec Baldwin. Winners paid electronically. Smses charged at R1.50 and free smses do not apply. Terms and conditions apply.



General KNOWLEDGE

'The Help' actress (5,5) / Perform / Linear accelerat-ors / Stetson / Bar chair / Track down / Small edible fruit / Scoundrel / Lukewarm / Made a dove call

Latin American dance / Ionium / Apex / Cash register

Magical formula / Special card pack / Hawaiian garland / Greases / Re birth / Canadian singer (6,4)

Fib / Irish Republic-an Army / The whole / Soon (archaic)

Foot digit / Female servant / Low Latin / Leisure / Young man / Unfasten / Genetic code / Highland Scots

Religious sect / Myanmar money / Farm animal / Legal degree

Water tortoise / Not many / Magma / Access-ible / Minerals / Winglike part / Some (1,3) / Public pool area / Rhode Island

Satire / Shortest finger / Athens is there / Straw mattress / Position - finding device / Metal

Not liquid or solid / Oyster gems / In favour of / In case that (2,2) / Russian emperor / Strong fire / Contort

Engaged in espionage / Lair / Vaselike vessel / Once more / Appear / Thanks / Obtain / Inhabitant / Greatest degree

19th Hebrew letter / Of time passed / Damages / Stratagem / Counting devices / Yours and mine / Value highly / Existed / African antelope

Process-ion / Aweigh / Refuse to accept / Before (poetic)

Chew noisily / .. Cup / London clock (3,3) / Mature acorn / Indian dress / Agitate / Reiterate / Teaspoon (abbr)

To and ... / The Big Apple / Brief letter / Epoch / Knight / Verges / Belonging to me / Respond / Until / Pica

Minus / Bone photo-graph

SA retired pro tennis player (6,7) / Heavens / Be in debt to / Free from obligation / Prohibit

Agriculture (abbr) / While / One stroke under par / Farm shed

Lettuce variety / Female birds / Seizes hold of / Beer / Chocolate source / Calcium (symbol)

Spoken / Ram-shackle hut / American comedian and TV host (3,4)

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Turn to **page 78** for answer grids

Daniel Craig's Sticky BBQ Back Ribs

Recipe

BY VERA FOURIE

PICS: TAMIKA MILLER / WWW.ELITEPHOTOAGENCY.COM

DANIEL'S mother was the one who encouraged his interest in acting from the early age of six. Unknown to American audiences, he first made his name in the theatre and on television and film, and was eventually introduced to the world when he played opposite Angelina Jolie in *Lara Croft: Tomb Raider.*

He achieved international fame with his portrayal of playboy spy James Bond in *Casino Royale*, and he is the shortest actor to ever play the role of Bond. He is also the first Bond actor to be younger than the franchise itself! He's just finished working on his fourth Bond film, *Spectre*. He is good friends with **Kate Moss**, **Gaspard Ulliel** and **Nicole Kidman**, and we can just imagine him whipping up these delicious sticky ribs when he has **Kate** and **Nicole** around for dinner! Licence to be delicious (we're talking about the food... maybe)!

Date Of Birth: March 2, 1968
Place Of Birth: Chester, Cheshire, England
Birth Name: Daniel Wroughton Craig
Height: 1.78m
Parents: Father, Timothy John Wroughton Craig and mother, Carol Olivia
Siblings: Sister, Lea Craig
Spouses: **Fiona Loudon** (1992 – 1994, divorced); **Rachel Weisz** (2011– present)
Trademarks: Blond hair and blue eyes, rugged looks and deep smooth voice

Sticky BBQ Back Ribs

Ingredients

3kg Baby back pork ribs
2 Onions (peeled and sliced in half)
1 Bulb of garlic (unpeeled, with the top sliced off)
A generous pinch of sea salt

For The BBQ Sauce:

60g Demerara sugar
4 Tablespoons of dark soy sauce
4 Tablespoons of tomato sauce
4 Tablespoons of honey
4 Garlic cloves (peeled and finely chopped)
1 Tablespoon of dried English mustard
2 Tablespoons of Tabasco sauce

TRIED & TESTED

FOR more yummy recipes go to www.peoplemagazine.co.za

Method

CUT the strips of ribs into manageable pieces, with about three to four ribs to each piece, then place them in a large saucepan with the onions, garlic, salt and enough cold water to cover. Bring to the boil then reduce the heat and simmer gently for one – one-and-a-half hours until the meat is tender. Shortly before the ribs are cooked, preheat the grill to medium. Whisk all the ingredients for the barbecue sauce together in a saucepan, and bring to the boil over a high heat, then reduce the heat and simmer for about five minutes more until you have a thick sauce.

Remove the ribs from the pan and place in a large roasting tray, then coat with half the barbecue sauce. Cook under the hot grill or on the barbecue for five minutes on each side and then serve with the rest of the barbecue sauce (re-heat if necessary) and devour!

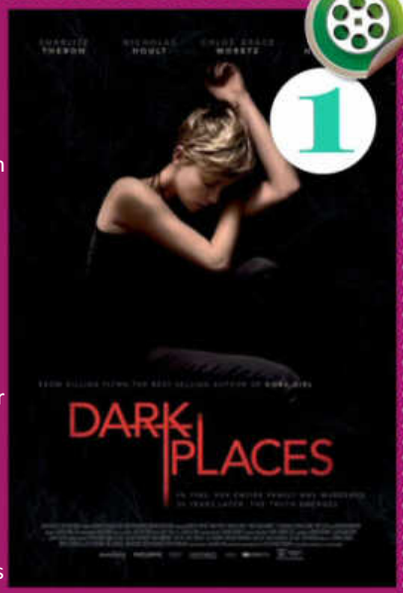
THIS WEEK'S FAB 5

BY PEARL MPHUTHI

people searches the entertainment world to bring you the hottest highlights of the week.

PICS: GREATSTOCK / GALLO IMAGES / GETTY IMAGES

1 DARK PLACES



GONE GIRL fans have reason to get excited, because *Dark Places* is another Gillian Flynn adaptation! Set in a farming town in Kansas, this dramatic thriller follows Libby Day (**Charlize Theron**), the only surviving witness of a horrific massacre that saw her mother and sisters killed. Believing the slaughter to be the work of a satanic cult, Libby testifies in court against her own brother. Twenty-five years after the murder, she remains haunted by the gruesome violence of her past when she meets a group of amateur investigators who call themselves 'The Kill Club'. Looking to satisfy their dark curiosity, the group begins their own case, believing Libby's brother is innocent...

Dark Places releases September 11, 2015.

2 VACATION

THIS addition to the original **Chevy Chase**-starred '80s cult comedy series of films is set in the current era, 2015, with Rusty Griswold (**Ed Helms**) all grown-up and with a family of his own! Following in his father Clark's (**Chevy Chase**) footsteps and hoping for some much-needed family bonding, Rusty surprises his wife Debbie (**Christina Applegate**) and their two sons James (**Skyler Gisondo**) and Kevin (**Steele Stebbins**), with a cross-country trip to Wally World. However, just like in the original movies, the vacation turns out to be anything but ordinary as anything that can go hilariously wrong does so!

Vacation releases September 11, 2015.

people's guide to TV's best programmes of the week...

September 10 – 16

RUN'S HOUSE

FOLLOW **Rev Run**'s posse and get a chance to witness the challenges they come across as a family. ***Catch Run's House, Wednesdays at 18h15 on BET.***

MARTHA STEWART'S COOKING SCHOOL

JOIN award-winning TV host and author **Martha Stewart** as she gives us an education in cooking her famous delicious treats! ***Catch Martha Stewart's Cooking School, Fridays at 18h00 on The Home Channel.***

COUNTING CARS

THIS show features amazing historic vehicles that are transformed into unbelievable flashy and modern rides. ***Catch Counting Cars, Wednesdays at 22h00 on History.***

TOP 10 DStv PICKS

ON THE CASE WITH PAULA ZAHN

GO on the case with award-winning journalist **Paula Zahn** as she features and goes through fascinating mysteries from the US justice system. ***Catch On The Case With Paula Zahn, Mondays at 17h30 on Investigation Discovery.***

BAD JUDGE

DON'T miss **Kate Walsh** as Rebecca Wright, the bad judge who rules her courtroom – and her private life – with unapologetic flair! ***Catch Bad Judge, Mondays at 21h30 on Vuzu Amp.***

BALLERS

FORMER ring man **Dwayne Johnson** rocks in this new original series that follows what happens in the life of an American football player after he steps away from the field. ***Catch Ballers, Mondays at 21h00 on Vuzu Amp.***

LOVE AND HIP HOP HOLLYWOOD

DRAMA is the name of the game in this series that exposes the lives of rising stars and starlets, all fighting for their chance to make it in the entertainment capital of the world. ***Catch Love And Hip Hop Hollywood, Fridays at 19h00 on Vuzu.***

SATURDAY NIGHT LIVE

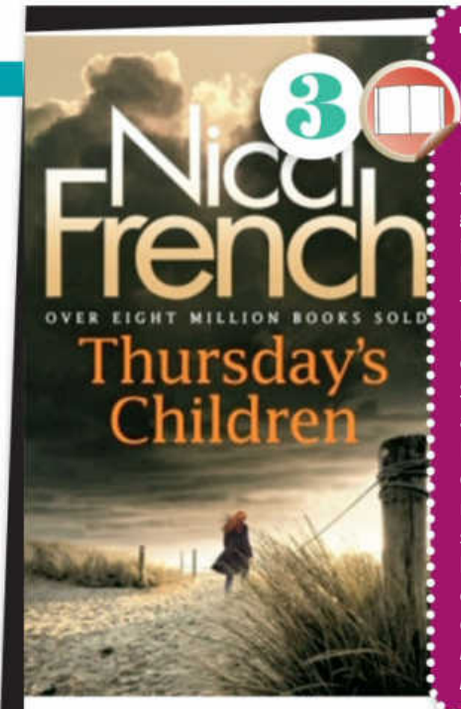
THIS Emmy Award-winning late-night comedy show is on its 40th season! Tune in to see why this hilarious celeb skit-centred show is still alive and strong. ***Catch Saturday Night Live, Saturdays at 21h00 on Comedy Central.***

WORKAHOLICS

WHO says the workplace has to be boring? Catch the three friends on this show, and see that there's always a way to mix business and pleasure! ***Catch Workaholics, weekdays at 23h25 on Comedy Central.***

CLIPZ

PRESENTED by 94.7's funnyman **Darren 'Whackhead' Simpson**, *Clipz* focuses on classic online stars and their internet exploits. ***Catch Clipz, Wednesdays at 19h00 on M-Net City.***



THURSDAY'S CHILDREN

WHEN psychotherapist Frieda Klein left the sleepy Suffolk coastal town she grew up in she never intended to return. Left behind were friends, family, loves – and painful memories; a past she couldn't allow to destroy her. So when an old classmate appears in London asking Frieda to help her teenage daughter, a lot of memories resurface. But when tragedy strikes, Frieda has no choice but to return home and confront her past. ***Thursday's Children is available from Exclusive Books and other book retailers.***

BEST IN BRIDAL

BEST IN BRIDAL is set in a colourful corner of Chicago, where two bridal shops wage a ruthless campaign to outwit, out-design and out-sell each other every day. **David** runs 'Complete Bridal', a successful salon owned and curated by him and his team of good-looking young men. Across the street lies 'Shelly's', an old-school boutique managed by **Shelly**, **David**'s rival and former boss. This unique avenue into the intriguing world of weddings revolves around **David** and **Shelly**'s daily duels for clients and cash. But despite their rivalry, they always have the dreams and goals of each woman's special day at heart. ***Catch Best In Bridal, Fridays from September 11 at 20h50 on Lifetime.***

SATY AWARDS SET TO GET 'DIRTY' WITH CHRISTINA AGUILERA!

5

SAY what? Yeah! The famous *Dirty* pop star, who scooped her fifth Grammy in February this year, is set to perform at this year's South African of The Year Awards alongside fellow US singer **Jason Derulo** and a host of local artists including **AKA**, The Soil and **ChianoSky**. The SATY 2015 Awards will take place this year at the Ticketpro Dome (formerly known as the Coca-Cola Dome) in Northgate on October 1, 2015. Hosted by TV news channel ANN7, the Awards both celebrate and honour prominent South Africans excelling in various fields including business, sport, entertainment, civil society, entrepreneurship and politics, as well as ordinary South Africans making a difference in the country. The main category is the South African of the Year Award. ***Make sure to catch the SATY-focused I Am South African, Monday to Saturday at 18h00 on ANN7.***

SCHEDULES M-Net

September 10 – 16

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
06:00 The Ellen DeGeneres Show	06:00 The Ellen DeGeneres Show	06:00 Big Hero 6	07:00 The Ellen DeGeneres Show	06:00 The Ellen DeGeneres Show	06:00 The Ellen DeGeneres Show	06:00 The Ellen DeGeneres Show
07:00 The McCarthys	07:00 The Big Bang Theory	08:00 America's Got Talent	11:00 Transcendence	07:00 The Big Bang Theory	07:00 The Big Bang Theory	07:00 The Goldbergs
07:30 NCIS	07:30 The Good Wife	13:00 Revenge	12:30 Idols SA	07:30 Hawaii Five-O	07:30 Proof	07:30 Revenge
08:30 Chicago PD	08:30 Battle Creek	14:00 Hawai Five-O	14:30 Madam Secretary	08:30 Suits	08:30 Idols SA	08:30 Madam Secretary
09:30 Sophie And Sheba	09:30 Teenage Mutant Ninja Turtles	15:00 Idols SA	15:15 Chicago PD	09:30 Endless Love	10:30 Resurrection	09:30 Abel's Field
11:30 The Goldbergs	11:30 Clipped	17:00 The Good Wife	16:00 The Power Couple	11:30 Playing House	11:30 The McCarthys	11:30 Mike And Molly
12:00 The Ellen DeGeneres Show	12:00 The Ellen DeGeneres Show	18:30 Playing House	17:00 Idols SA	12:00 Ellen's Design Challenge	12:00 The Ellen DeGeneres Show	12:00 The Ellen DeGeneres Show
13:00 Britain's Got Talent	13:00 Britain's Got Talent	19:00 The McCarthys	19:00 Carte Blanche	13:00 Britian's Got Talent	13:00 Britian's Got Talent	13:00 MasterChef Australia
14:00 Carte Blanche	14:00 NCIS	19:30 Mike And Molly	20:05 Tammy	14:00 Royal Pains	14:00 State Of Affairs	14:00 Battle Creek
15:00 The Good Wife	15:00 Hawaii Five-O	20:00 Royal Pains	21:45 Last Week Tonight With John Oliver	15:00 Zoo	15:00 Revenge	15:00 State Of Affairs
16:00 The Big Bang Theory	16:00 Suits	21:00 Mr Robot	22:25 This Is The End	16:00 Resurrection	16:00 Madam Secretary	16:00 Chicago PD
17:00 The Ellen DeGeneres Show	17:00 The Ellen DeGeneres Show	22:00 The Whispers	00:25 Catch 44	17:00 The Ellen DeGeneres Show	17:00 The Ellen DeGeneres Show	17:00 The Ellen DeGeneres Show
18:00 Mike And Molly	18:00 Playing House	23:00 Transcendence		18:00 The Goldbergs	18:00 Playing House	18:00 The McCarthys
18:30 America's Got Talent	18:30 America's Got Talent	01:00 Runner Runner		18:30 Britian's Got Talent	18:30 Britain's Got Talent	18:30 Britain's Got Talent
19:30 Suits	19:30 The Whispers	02:30 The Courier		19:30 Madam Secretary	19:30 Chicago PD	19:30 The Big Bang Theory
20:30 Hawaii Five-O	20:30 Let's Be Cops	04:20 The Railway Man		20:30 Revenge	20:30 Mr Robot	20:00 The Big Bang Theory
21:30 NCIS	22:15 Murder In The First			21:30 State Of Affairs	21:30 Battle Creek	20:30 The Good Wife
22:30 Secrets And Lies	23:15 Wicked Blood			22:30 Carte Blanche	22:30 State Of Affairs	21:30 Secrets And Lies
23:30 Last Week Tonight With John Oliver	00:55 The East			23:30 Murder In The First	23:30 Secrets And Lies	22:30 Battle Creek
00:00 Royal Pains	03:00 The Impossible			01:00 The Prince	01:00 Last Week Tonight With John Oliver	23:30 Mr Robot
01:00 The Good Doctor	05:00 America's Got Talent			02:30 The Writers' Room	01:30 Wicked Blood	00:45 Let's Be Cops
02:25 Zero Dark Thirty				03:00 Born To Race: Fast Track	03:20 Bullet	02:15 The Guard
05:00 America's Got Talent				05:00 America's Got Talent	05:00 America's Got Talent	04:00 Made In Hollywood
						05:00 America's Got Talent

Top Pick This Week

Fun Fact

Tammy

THE plot for the movie reportedly had its beginnings in a dream. Director Ben Falcone had a dream about **Melissa McCarthy**, his wife, as a fast-food worker whose life is falling apart. He and Melissa later began writing the plot points on napkins.

Synopsis

Transcendence

JOHNNY DEPP stars in this sci-fi thriller as Dr Will Caster, an authority in the advancement of artificial intelligence. When an attempt on his life leaves him close to death, those close to him hang there hopes on a totally untested procedure: Uploading his consciousness onto a computer programme. Against all odds the procedure works, but is this virtual Will the same benevolent mind they know and love?

SCHEDULES SABC 1

September 10 – 16

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:02 Geleza Nathi	05:02 Geleza Nathi	05:00 Geleza Nathi	05:00 Geleza Nathi	05:02 Geleza Nathi	05:00 Izwi La Bantu	05:00 Devotion Region
06:00 Kids News & Current Affairs	06:00 Kids News & Current Affairs	06:00 African Spiritual Realms	06:00 Siyakholwa	06:00 Kids News & Current Affairs	05:02 Geleza Nathi	05:02 Geleza Nathi
06:30 YO.TV	06:30 Sports Buzz	06:30 Siyakholwa	06:30 Bonisanani	06:30 YO.TV Paws And Claws	06:00 Kids News & Current Affairs	06:00 Kids News & Current Affairs
07:00 YO.TV Land	07:00 YO.TV	07:00 Carl	07:00 Carl	07:00 YO.TV	06:30 YO.TV Zenzele	06:30 YO.TV
07:15 YO.TV Ilitha Lethu	07:15 YO.TV Ilitha Lethu	07:30 YO.TV Mmino Mania	07:30 YO.TV	07:15 YO.TV Ilitha Lethu	07:00 YO.TV	06:45 YO.TV
07:30 Takalani Sesame	07:30 Takalani Sesame	08:00 YO.TV What's In The Fridge	08:00 YO.TV	07:30 Takalani Sesame	07:15 YO.TV Ilitha Lethu	07:00 YO.TV
08:00 The Bold And The Beautiful	08:00 The Bold And The Beautiful	08:15 YO.TV Yo Hambo	08:15 YO.TV	08:00 The Bold And The Beautiful	07:30 Takalani Sesame	07:15 YO.TV Ilitha Lethu
08:30 Isidingo	08:30 Isidingo	08:30 Matt Hatter Chronicles	08:30 Matt Hatter Chronicles	08:30 Isidingo	08:00 The Bold And The Beautiful	07:30 Takalani Sesame
09:00 Generations: The Legacy R	09:00 Generations: The Legacy R	09:00 Mzansi Insider	09:00 Mzansi Insider	09:00 Generations: The Legacy R	08:30 Isidingo	08:00 The Bold And The Beautiful
09:30 Muvhango	09:30 Muvhango	10:00 Generations: The Legacy (Omnibus)	10:00 Gospel Gold	09:30 Muvhango	09:00 Generations: The Legacy R	08:30 Isidingo
10:00 Skeem Saam R	10:00 Skeem Saam R	12:30 Imizwilili	11:00 Identity	10:00 Skeem Saam R	09:30 Muvhango	09:00 Generations: The Legacy R
10:30 Retro Comedy	10:30 Emzini Wezinsizwa	13:30 Sport Magazine	11:30 The Chatroom	10:30 Emzini Wezinsizwa	10:00 Skeem Saam R	09:30 Muvhango
11:00 The Chatroom	11:00 Cutting Edge	14:00 Soccer 411	12:00 Big Up	11:00 Shift	10:30 Emzini Wezinsizwa	10:00 Skeem Saam R
11:30 100% Youth	11:30 Jika Majika	15:00 Soccer Build-Up	12:30 Roots	12:00 Yilungelo Lakho	11:00 Shift	10:30 Emzini Wezinsizwa
12:00 Sports @ 10	12:00 Friends Like These	15:30 Laduma Live Soccer	13:00 Sunday Chillas	13:00 Lunchtime News	12:00 Soccer Zone	11:00 Rise
13:00 Lunchtime News	13:00 Lunchtime News	17:30 Roots	14:00 Real Goboza	13:30 Making Moves	13:00 Lunchtime News	11:30 Selimathunzi
13:30 Fan Base	13:30 Yilungelo Lakho	18:00 Friends Like These	14:30 Nedbank Ke Yona	14:30 Matt Hatter Chronicles	13:30 Ispani	12:00 Khumbul'ekhaya
14:00 Zaziwa	14:30 Foreign Children	19:00 News	15:00 Laduma	15:00 YO.TV	14:30 Iron Man	13:00 Lunchtime News
14:30 ANT Farm	15:00 YO.TV	19:30 The Real Goboza	17:30 Code Green	16:00 LOC Youth Region	15:00 YO.TV	13:30 My World
15:00 YO.TV	16:00 Bona Retsang	20:00 Soccer Build-Up	18:00 Joyous Celebration	16:30 Shift	16:00 Teenagers On A Mission	14:30 Hurray For Huckle
16:00 Bona Retsang	16:30 Ba Kae	20:15 Soccer	19:00 News	17:28 Aum	16:30 Shift	15:00 YO.TV
16:30 My World	16:59 Centre Stage	22:00 Skyroom Live	19:30 Sunday Live	17:30 News	17:28 Izwi La Bantu	16:00 Bona Retsang
17:30 News (Siswati/ Ndebele)	17:28 Devotion Region	23:00 Mzansi Insider	20:00 TBA	18:00 Now Or Never	17:30 News	16:30 My World
18:00 100% Youth	18:00 Fan Base		22:00 The Game	18:30 Skeem Saam	18:00 Nyan Nyan	17:28 Devotion Region
18:30 Skeem Saam	18:30 Skeem Saam		22:30 My Perfect Family	19:30 Ses'Top La	18:30 Skeem Saam	17:30 News
19:00 News	19:00 News		23:00 Gospel Gold	20:00 Generations: The Legacy	19:00 News	18:00 Remix
19:30 Zaziwa	19:30 1's And 2's			20:30 Uzalo	19:30 Selimathunzi	18:30 Skeem Saam
20:00 Generations: The Legacy	20:00 Generations: The Legacy			21:00 Soccer Zone	20:00 Generations: The Legacy	19:00 News
20:30 When We Were Black	20:30 Tempy Pushas			22:00 My World	20:30 Uzalo	19:30 Single Galz
21:30 Cutting Edge	21:00 Live Amp			23:00 Shift	21:00 Find Me My Man	20:00 Generations: The Legacy
22:00 Home Affairs	22:00 TBA			00:00 Koze Kuse	22:00 Making Moves	20:30 Uzalo
23:00 Ispani	00:00 Koze Kuse				23:00 Shift	21:00 Khumbul'ekhaya
00:00 Koze Kuse					00:00 Koze Kuse	22:00 Sports @10
						23:00 Soccer

Top Pick This Week

Seen On Set

YOUR backstage pass to the best movie and TV sets.

FUN FACT

UNATHI has been married to fellow DJ **Thomas Msengana** aka '**Bad Boy T**', since 2009.

IDOL HANDS...

SPOTTED fooling around on the set of *Idols SA* was judge **Unathi Msengana**. The Metro FM personality took this snap shot while filming auditions for the popular singing competition. She, of course, joins fellow judges choreographer **Somizi Mhlongo**, *Cliff Central* star **Gareth Cliff** and Managing Director of Universal Music South Africa **Randall Abrahams**. ***Don't miss out on all the fun – catch Idols SA every Sunday at 17h00 on M-Net and Mzansi Magic.***

CALL HER ANYTIME

SPOTTED shooting a scene for the Mzansi Magic music show *Please Call Me* was the sassy **Thembi Seete**. The famous singing sensation and presenter is one hell of a bombshell – who wouldn't want to spend some airtime with her? *Please Call Me* is a live music show where viewers are able to dedicate their favourite songs to their loved ones. ***Catch Please Call Me, weekdays at 17h00 on Mzansi Magic.***

FUN FACT

THEMBI SEETE was a member of kwaito group Boom Shaka from 1994 to 2000.

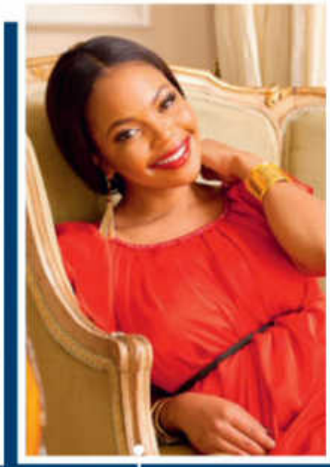
FUN FACT

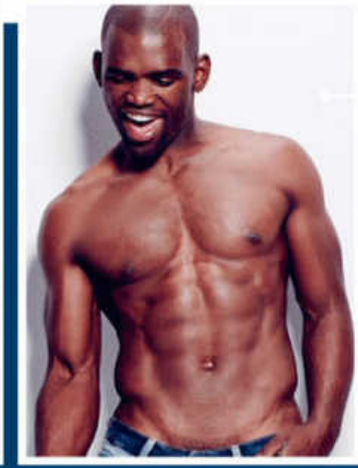
SHELTON is also a dancer, singer and actor.

OH LÀ LÀ, SHELTON!

AND in other news – which is bound to brighten your day – local heartthrob **Shelton Forbez** was spotted heating things up on the set of the daily gossip show, ***V Entertainment***, with his hunkiness. Ok, so it's not exactly news, but he's pretty, so shush! Hmmm, wonder who we have to bribe to get access to that set... ***If you want to see more of this eye candy, catch V Entertainment, weekdays at 18h00 on Vuzu.***

Celebs Having Their Say On Twitter...





You Said What?

"Just got violated by another older woman! Need to change my fragrance fast."– **Siv Ngesi**

"An ordinary girl blessed with extraordinary opportunities and experiences." – **Terry Pheto**

"Givers operate within the scope of their gift and takers always have an opinion. Now that's a fact." – **Tbo Touch**

SCHEDULES | SABC 2

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:30 Living Land	05:30 Living Land	05:30 Living Land	06:00 Thabang Thabong	05:30 Living Land	05:30 Living Land	05:30 Breaking New Ground
05:57 Motheo	05:57 Motheo	05:57 Op Pad	06:30 Hug A Tree	06:00 Morning Live	05:57 Motheo	06:00 Morning Live
06:00 Morning Live	06:00 Morning Live	06:00 Thabang Thabong	07:00 Morning Live	08:00 Parliament: A View From The House	06:00 Morning Live	08:00 Parliament: A View From The House
08:00 Parliament: A View From The House	08:00 Parliament: A View From The House	06:30 Inside The Boabab Tree	08:30 Simcha	08:30 Magical World Of Luna-Belle	08:00 Parliament: A View From The House	09:00 Inside The Baobab Tree
09:00 Inside The Baobab Tree	09:00 Inside The Baobab Tree	07:00 Morning Live	09:00 Issues Of Faith	09:15 Magical World Of Luna-Belle	09:00 Inside The Baobab Tree	09:30 Tree Fu Tom
09:30 Tree Fu Tom	09:30 Tree Fu Tom	08:30 House Call	10:00 Hosanna	09:30 Tree Fu Tom	09:30 Tree Fu Tom	10:00 Takalani Sesame
10:00 Takalani Sesame	10:00 Takalani Sesame	09:30 Thukuta	10:30 Psalted	10:00 Takalani Sesame	10:00 Takalani Sesame	10:30 Sports Lifestyle
10:30 Rivoningo	10:30 Rivoningo	10:00 Athletics Alive	11:00 Saath Phere	10:30 Rivoningo	10:30 Rivoningo	11:00 Rivoningo
11:00 Women In Science	11:00 Mother Of All Professions	10:30 Sportview	12:00 Mela	11:00 Super Nanny	11:00 Words And Numbers	11:30 Roughing It Out
12:00 Love That Girl	11:30 Ngula Ya Vutivi	11:00 One Piece	13:00 Iyanla: Fix My Life	12:00 Rands With Sense	11:30 How Do They Do That	12:00 It's For Life
12:30 In The Name Of Love	12:00 Leihlo La Setshaba	13:00 Takeshi's Castle	14:00 Pasella	13:00 Dr Phil	12:00 Talk SA	12:30 48 Hours
13:00 Dr Phil	05:30 When Duty Calls	13:30 Muvhango (Omnibus)	14:30 Musiek Roulette	14:00 7de Laan R	12:30 The Golden Years	13:00 Dr Phil
14:00 7de Laan R	13:00 Interface	16:00 TBA	15:30 7de Laan (Omnibus)	14:30 Mali	13:00 Dr Phil	14:00 7de Laan R
14:30 Mali	14:00 7de Laan R	18:00 Wipeout USA	18:00 Gospel Classics	15:00 Skeem Saam R	14:00 7de Laan R	14:30 Mali
15:00 Skeem Saam	14:30 Mali	19:00 Nuus	19:00 Nuus	15:30 Muvhango R	14:30 Mali	15:00 Skeem Saam
15:30 Muvhango R	15:00 Skeem Saam	20:00 Gauteng Maboneng	19:30 News	16:00 Hectic Nine-9	15:00 Skeem Saam	15:30 Muvhango R
16:00 Hectic Nine-9	15:30 Muvhango R	20:30 TBA	20:00 Majakathata	17:00 One Piece	15:30 Muvhango R	16:00 Hectic Nine-9
17:00 Restyle My Style	16:00 Hectic Nine-9	23:00 Afro Café	20:30 Interface	17:30 News (Venda/ Tsonga)	16:00 Hectic Nine-9	17:00 One Piece
17:30 News (Venda/ Tsonga)	17:00 Siyaya Come Wild With Us	00:00 Mali	21:00 TBA	18:00 When Duty Calls	17:00 One Piece	17:30 News (Venda/ Tsonga)
18:00 Leihlo La Sechaba	17:30 News (Venda/ Tsonga)	00:30 Deutsche Welle	22:00 NCIS	18:30 7de Laan	17:30 News (Venda/ Tsonga)	18:00 Motswako
18:30 7de Laan	18:00 Pasella		23:00 Vampire Diaries	19:00 Nuus	18:00 Ngula Ya Vutivi/ Zwa Maramani	18:30 7de Laan
19:00 Nuus	18:30 7de Laan		00:00 Saath Phere	19:30 News	18:30 7de Laan	19:00 Nuus
19:30 News	19:00 Nuus		01:00 Deutsche Welle	20:00 Pretty Little Liars	19:00 Nuus	19:30 News
20:00 The Jamie Foxx Show	19:30 News			21:00 Muvhango	19:30 News	20:00 Love That Girl
20:30 La Familia	20:00 Musiek Roulette			21:30 Ga Re Dumele	20:00 All Of Us	20:30 Dream School
21:00 Muvhango	21:00 Muvhango			22:00 TBA	20:30 Dream School	21:00 Live Lotto Draw
21:30 Speak Out	21:30 Powerball			00:15 Numbers	21:00 Muvhango	21:04 Muvhango
22:00 Wives With Knives	21:34 Ditlabonyane Ke Ditlaboima			01:00 Open University	21:30 Powerball	21:30 Mamello
23:00 NCIS	22:00 In The Name Of Love			02:00 Dr Phil	21:34 Gospel Classic	22:00 Afro Café
00:00 Open University	22:30 Smallville			03:00 Deutsche Welle	22:30 Psalted	23:00 Pretty Little Liars
01:00 Dr Phil	23:30 Motswako				23:00 Open University	00:00 Open University
02:00 Deutsche Welle	00:00 Mali				00:00 Dr Phil	01:00 Dr Phil
	00:30 Deutsche Welle				01:00 Mali	02:00 Mali
					05:30 Deutsche Welle	02:30 Deutsche Welle

Top Pick This Week

Muvhango

SCHEDULES | SABC 3

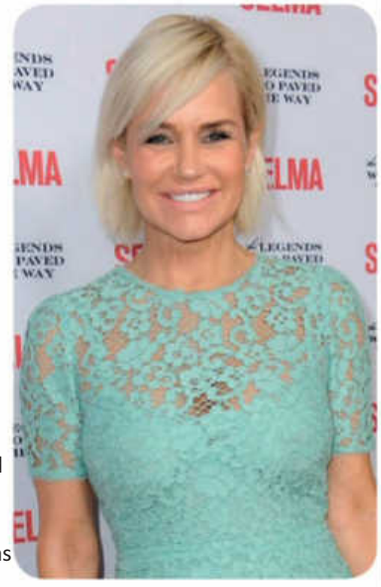
THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 AM Shopping	05:00 AM Shopping	05:00 AM Shopping	05:00 AM Shopping	05:00 AM Shopping	05:30 Kiddies	05:00 AM Shopping
05:30 Snazzy Stories	05:30 Snazzy Stories	06:00 Takalani Sesame	06:00 Takalani Sesame	05:30 Kiddies	06:00 Expresso	05:30 Kiddies
06:00 Expresso	06:00 Expresso	06:32 Mickey Mouse Clubhouse	06:30 Mickey Mouse Clubhouse	06:00 Expresso	08:30 Dr Oz Show	06:00 Expresso
08:30 The Real	08:30 Dr Oz Show	07:00 Arthur	06:33 Thundercats	08:30 Dr Oz Show	09:30 Days Of Our Lives	08:30 Dr Oz show
09:30 Days Of Our Lives	09:30 Days Of Our Lives	07:30 Creature Club	07:03 Arthur	09:30 Days Of Our Lives	10:30 Generations: The Legacy	09:30 Days Of Our Lives
10:30 High Rollers	10:30 Generations: The Legacy	08:00 Gloss It Up	07:30 Garbage Gallery	10:30 Generations: The Legacy	11:00 Isidingo R	10:30 Generations: The Legacy
11:00 Isidingo R	11:00 Isidingo R	08:30 Technorati	08:00 Creature Club	11:00 Isidingo R	11:30 7de Laan	11:00 Isidingo R
11:30 7de Laan	11:30 7de Laan	09:00 Cooking Magic	08:30 Meet Joe Food	11:30 7de Laan	13:00 News	11:30 7de Laan
12:00 Magnum PI	14:00 The Meredith Vieira Show	09:30 Which Way	09:00 Wanna Be Young Designers	12:00 Kojak	13:27 Africa News Update	13:00 News
13:00 News	15:00 Clover's Big Little Cook Off	10:00 Violetta	09:30 Urbo: Radical Adventures Of Pax Africa	13:00 News	14:00 The Meredith Vieira Show	14:00 The Meredith Vieira Show
14:00 The Meredith Vieira Show	16:00 Afternoon Express	10:30 Music Moves Me	10:00 New Day	14:00 The Meredith Vieira Show	15:00 The Real	15:00 The Real
15:00 SA Reserve Bank	17:00 Days Of Our Lives	11:00 An Nur	10:30 Isidingo (Omnibus)	15:00 The Real	16:00 Afternoon Express	16:00 Afternoon Express
16:00 Afternoon Express	18:00 The Bold And The Beautiful	12:30 The Bold And The Beautiful	12:30 Top Billing R	16:00 Afternoon Express	17:00 Days Of Our Lives	17:00 Days Of Our Lives
17:00 Days Of Our Lives	18:30 News	15:00 America's Next Top Model	13:30 Amazing Race	17:00 Days Of Our Lives	18:00 The Bold And The Beautiful	18:00 The Bold And The Beautiful
18:00 The Bold And The Beautiful	19:00 Isidingo	16:00 Man Cave	14:30 TBA	18:00 The Bold And The Beautiful	18:30 News	18:30 News
18:30 News	19:30 Strictly Come Dancing	16:30 Strictly Come Dancing	16:30 Clover's Big Little Cook Off	18:00 News	19:00 Isidingo	19:00 Isidingo
19:00 Isidingo	21:30 Club Culture	17:00 Voetspore	17:30 50/50	19:00 Isidingo	19:30 High Rollers	19:30 High Rollers
19:30 Top Billing	22:30 The Good Wife	17:30 Dream Machine	18:30 Minute To Win It	19:30 High Rollers	20:00 Missing	20:00 Roer Jou Voete
20:30 Man Cave	23:25 Sports Wrap	18:30 News	19:00 Fokus	20:30 Survivors	21:00 The Good Wife	21:00 CSI
21:00 Charly's Cake Angels	23:30 Fokus	19:00 What's For Dinner	19:30 TBA	21:30 Two And A Half Men	22:00 Desperate Housewives	22:00 Californication
21:30 Supernatural	00:00 Miami Vice	19:30 TBA	20:30 Special Assignment	22:00 CSI	23:30 Fokus	22:30 The Mentalist
22:30 Docuville-Global Sounds, Rural Roots	01:00 The Meredith Vieira Show	21:30 Desperate Housewives	21:00 Numbers	23:00 Special Assignment	00:00 Magnum PI	23:30 Special Assignement
23:30 Hot In Cleveland	02:00 3 Talk	22:30 Two And A Half Men	21:30 Desperate Housewives	00:00 Airwolf	01:00 The Meredith Vieira Show	00:00 Kojak
00:00 Miami Vice	03:00 Top Billing	22:55 Sports Wrap	22:30 Car Torque	01:00 The Meredith Vieira Show	02:00 3 Talk	01:00 The Meredith Vieira Show
01:00 The Meredith Vieira Show	04:00 Isidingo	23:00 The Big Bang Theory	23:00 America's Next Top Model	02:00 3 Talk	03:00 Steven And Chris	02:00 3 Talk
02:00 3 Talk	04:30 The Bold And The Beautiful	23:30 Club Culture	00:00 Chicago Fire	03:00 Steven And Chris	04:00 Dr Oz Show	03:00 Steven And Chris
03:00 Top Billing R		00:30 Roer Jou Voete	01:00 Days Of Our Lives (Omnibus)	04:00 Dr Oz Show		04:00 Dr Oz Show
		01:30 An Nur R				
		02:00 Sadhana				

Reality Bites

BY EL BROIDE

NEWS and views from the world of reality television.

Yolanda's Health Mystery Explained!



YOLANDA FOSTER, of *The Real Housewives Of Beverly Hills*, has been in and out of hospital a lot over the past few months, and apparently the reason for her sickness has been under her nose all along! It seems a leaking breast implant was the cause of the recent aggravation to her Lyme Disease, which she was diagnosed with back in 2012. **Yolanda**, who is the mother of models **Gigi** and **Bella Hadid**, tweeted: "We might have hit the jackpot finding all this silicone from a 20-year-old implant rupture through ultrasound mapping." **Yolanda** shared the severity of her condition earlier this year when she revealed that she had 'lost the ability to read write or even watch TV because she can't process information'. "It feels as if someone came in and confiscated my brain," she blogged.

Stephen Bear's X-Rated Skype Session Leaks!

WHEN she announced she was leaving *Geordie Shore* because she had moved on from all the partying and alcohol, we thought we would see a new side of **Vicky Pattison**, but the reality star still constantly tweets about her hangovers and has recently had to deal with her boyfriend and *Ex On The Beach co-star*, **Stephan Bear**, what with his steamy Skype session leaking online. The session took place over five years ago, which shows **Stephan** speaking to a mystery woman while performing a solo sex act. "He was only 20 at the time and he told me it was just some girl he met. **Stephen** wasn't bothered about the pictures, it was me he cared about. He asked if I was okay and was really sympathetic," she revealed. "It's strange because I've been in relationships and have always been quite nonchalant about my past, defensive even. And now the shoe is on the other foot and I totally understand how it must have felt for my exes. I was heartbroken."

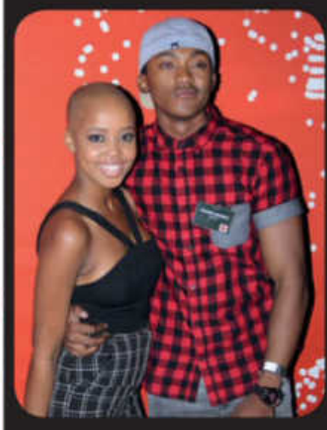
Missy Elliot Joins The Voice

OH YEAH! *The Voice* has just got hotter! Hip-hop legend **Missy Elliot** is officially joining the show next season as a mentor on **Pharrell**'s team! **Pharrell** and **Missy** have been collaborating together on her recent album and in the process he recruited her to come on board as a mentor. According to a sou[illegible] "**Missy** will be bringing her hip-hop expertise, particularly focusing on her ability to dominate a stage." Other advisors for Season Nine will be **Selena Gomez** for new coach **Gwen Stefani**'s team, while **Blake Shelton** will be joined by country superstar **Brad Paisley**, and **Adam Levine** has successfully nabbed **John Fogerty** as his team mentor. It was also previously announced that **Rihanna** will be taking over **Taylor Swift**'s role as the advisor to contestants. "This is one of music's true supervisors coming on board to influence the lives and careers of the performers," gushed NBC boss Bob Greenblatt about **Rihanna**. The new season of *The Voice* premieres later this month.

Ben Higgins Is The Next Batchelor!

WE'RE not going to lie, we were crushed when **Kaitlyn Bristowe** sent **Ben Higgins** packing after a gripping season of *The Bachelorette*, but, it seems everything works out for the best as the contestant has been chosen as the next bachelor when *The Bachelor* returns for a new season later this year! So **Ben** will get a chance to find love again as he searches for a wife on the show's next season. **Chris Harrison** confirmed the leading man spot on *After Paradise*, the after-show to *Bachelor In Paradise*. "I'm excited! Everything leading up to this has just been incredible and I'm just ready to get started," **Ben** commented on his new role. So what do we know about **Ben H**.? He's a 26-year-old software salesman from Denver whose idea of the perfect date is 'hiking back to a quiet place in the woods where we can be alone'. We can't wait for the new season to start!

On The Box This Week



Coke Studio, Mondays at 20h30 on e.tv.

WHAT happens when two artists are put into a studio and asked to collaborate? Well, Coca-Cola takes us on that exact journey as we hear what some of our greatest local artists do in the studio together before recording a collaboration that is released on iTunes!

Long Island Medium, Tuesday at 20h00 on TLC.

THERESA continues to turn numerous sceptics into believers as she enables them to communicate with those who have passed on. She also deals with her inability to turn her gift off, which occasionally annoys her family. The brand new season starts this week!

Stewarts & Hamiltons, Sundays at 21h00 on E!

KIMBERLY fears **Dean** might have feelings for her and tries to set him up with a friend. **Sean** convinces **GT** to take **George**'s Bentley for a joy ride.

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Grassroots	05:00 Life By Design	05:00 Medical Detectives	05:00 Infomercials	05:00 Creflo Dollar	05:00 Hillsong	05:00 Die Woord
05:30 e-News Sunrise	05:30 e-News Sunrise	05:30 Infomercials	05:30 Joseph Prince – New Creation Church TV	05:30 e-News Sunrise	05:30 e-News Sunrise	05:30 e-News Sunrise
06:00 e-News Sunrise	06:00 e-News Sunrise	06:00 The Planet's Funniest Animals	06:00 Die Woord	06:00 e-News Sunrise	06:00 e-News Sunrise	06:00 e-News Sunrise
08:00 e-News Sunrise	08:00 e-News Sunrise	06:35 Cool Catz	06:30 Creflo Dollar	08:00 e-News Sunrise	08:00 e-News Sunrise	08:00 e-News Sunrise
08:30 Infomercials	08:30 Infomercials	07:00 Quiz Time	07:00 Grassroots	08:30 Infomercials	08:30 Infomercials	08:30 Infomercials
09:00 Rhythm City	09:00 Rhythm City	07:05 Cool Catz	07:30 Hillsong	09:00 Rhythm City	09:00 Rhythm City	09:00 Rhythm City
09:30 Scandal!	09:30 Scandal!	07:30 Everything's Rosie	08:00 Quiz Time	09:30 Scandal!	09:30 Scandal!	09:30 Scandal!
10:00 Ekse Zwakala	10:00 Hush	07:45 Fireman Sam	08:05 Cool Catz	10:00 e-Shibobo	10:00 Katch It With Khanyi	10:00 Ekse Zwakala
10:30 The Young And The Restless	10:30 The Young And The Restless	08:00 Julius Jr	08:30 Kung Fu Panda	10:30 The Young And The Restless,	10:30 The Young And The Restless	10:30 The Young And The Restless
11:30 Checkpoint	11:30 e-Kasi: Our Stories	08:30 SpongeBob SquarePants	09:00 Max Steel	11:30 Great Expectations	11:30 Great Expectations	11:30 Supernanny
12:00 Makwaya	12:30 Backstage	09:00 Sistahood	09:30 Shiz Niz	12:00 Checkpoint	12:30 Backstage	12:30 Backstage
12:30 Backstage	13:00 News Day 2015	09:30 Scandal! (Omnibus)	10:00 Behind The Gospel	12:30 Backstage	13:00 News Day	13:00 News Day
13:00 News Day	13:30 WWE NXT	11:30 Paternity Court	11:00 Braxton Family Values	13:00 News Day 2015	13:30 WWE Experience	13:30 WWE Smackdown
13:30 WWE Raw	14:30 Diary Of A Wimpy Kid	12:00 Hell Date	12:00 Cheaper By The Dozen	13:30 WWE Superstars	14:30 Quiz Time	14:30 Quiz Time
14:30 Quiz Time	16:20 Frenzy	12:30 e-Shibobo	16:00 Tamar And Vince	14:30 Peppa Pig	14:35 Cool Catz	14:35 Cool Catz
14:35 Cool Catz	16:30 The Steve Harvey Show	13:30 The Planet's Funniest Animals	17:00 WWE Raw	14:35 Cool Catz	15:00 Julius Jr	15:00 The Penguins Of Madagascar
15:00 SpongeBob SquarePants	17:30 Just Shoot Me	14:05 Diary Of A Wimpy Kid	18:00 e-News Early Edition	15:00 Everything's Rosie	15:30 Pokémon The Series	15:30 Frenzy
15:30 Jackie Chan Adventures	18:00 Club 808: Make Some Noise	16:00 SAF3	18:05 SA's Got Talent	15:15 Fireman Sam	16:00 Shiz Niz	16:00 Supa Strikas
16:00 Craz-e World Live	18:30 e-News Prime Time	17:00 WWE Smackdown	19:00 e-News Prime Time	15:30 Transformers: Beast Machines	16:30 The Steve Harvey Show	16:30 The Steve Harvey Show
16:30 The Steve Harvey Show	19:00 Rhythm City	18:00 e-News Early Edition	19:30 Modern Family	16:00 Sistahood	17:30 Ekse Zwakala	17:30 Ekse Zwakala
17:30 Just Shoot Me	19:30 Scandal!	18:05 Reality Check	20:00 Predators	16:30 The Steve Harvey Show	18:00 TBA	18:00 TBA
18:00 Hush	20:00 Gold Diggers	18:30 B&B	22:20 Moonraker	17:30 Katch It With Khanyi	18:30 e-News Prime Time	18:30: e-News Prime Time
18:30 e-News Prime Time	20:30 Pathfinder	19:00 e-News Prime Time	00:55 Half Past Dead	18:00 Shikisha	19:00 Rhythm City	19:00 Rhythm City
19:00 Rhythm City	22:35 Hustle And Heat	19:30 The Pink Panther 2	03:05 Moonraker	18:30 e-News Prime Time	19:30 Scandal!	19:30 Scandal!
19:30 Scandal!	00:30 Dragonball: Evolution	21:25 Blades Of Glory	04:45 The Planet's Funniest Animals	19:00 Rhythm City	20:00 Gold Diggers	20:00 Gold Diggers
20:00 Gold Diggers	02:25 Hustle And Heat	23:20 Cyborg 2		19:30 Scandal!	20:30 TBA	20:30 Spina Guluva
20:30 Short And Sweet	04:10 The Ellen DeGeneres Show	01:05 Prey		20:00 Gold Diggers	21:00 Powerball Draw	21:00 WWE Main Event
22:45 Impact Point	04:40 The Planet's Funniest Animals	02:45 Love And A Bullet		20:30 Coke Studio	21:05 Matatiele	22:00 Notorious
01:00 Pain In The Neck		04:30 Hell Date		21:00 Umlilo Alliance	21:35 Z'bondiwe	00:20 Deceit
03:00 Gathering Moss				22:00 Life, Love, Soul	22:05 Checkpoint	02:00 Notorious
04:30 Ekse Zwakala				23:55 Glass House: The Good Mother	22:35 Fab Five: The Texas Cheerleader Scandal	04:05 Mad About You
				01:40 The Whereabouts Of Jenny	00:25 The Whereabouts Of Jenny	04:35 The Planet's Funniest Animals
				03:25 The Steve Harvey Show	02:10 Fab Five: The Texas Cheerleader Scandal	
				03:55 Paternity Court	03:50 Just Shoot Me	
				04:25 Just Shoot Me	04:20 House Of Payne	
				04:55 e-Insert	04:50 The Planet's Funniest Animals	

Top Pick This Week

GIG GUIDE

Where YOU Should Be Seen

Spetember 10 – 16

September 11, Dana Winner Special Arena Show, Carnival City, Big Top Arena. Tickets are R290-R750.

September 12, Phalaphala FM Royal Heritage Festival, Royal Gardens. Tickets are R150-R180.

September 12, Joburg Live Loud, Marks Park Sports Club. Tickets are R295.

FOR MORE INFO GO TO WWW.COMPUTICKET.CO.ZA

Off The Record With...

BY EL BROIDE

Tresor

WE chat to musicians making waves in the SA music scene!

HIS story is an inspirational one. He was working as a car guard, a gardener and a security guard just to make ends meet while working on his passion – music. In fact, he could hardly speak English when he arrived in South Africa seven years ago from the DRC. Now, after signing onto a major record deal, **Tresor** is making music with the likes of **AKA**, **Zahara**, **Khuli Chana** and many more. El spoke to the singer about his past, his new music and the brand new international deal he just signed with Sony Music.

Tresor, your story is quite inspirational. How has life changed since being discovered?

Thank you very much. My life has definitely changed big time, and I now have a strong team to push my music. My main focus now is nothing but music and it's amazing to be able to work on something you love every day.

You've recently signed onto Sony Music. How did you feel the day you signed the papers?

It was a very big day. When I walked into Sony Music offices with my management for our first meeting, I was so thrilled. I'm glad that we are finally going to work together, since they are passionate about my music, and I love and respect their work.

You collaborated with **AKA** on *Mount Everest*. What was it like working with him?

Working with **AKA** was such an honour. He is extremely talented and a hard worker. His work ethic truly inspires me and the song we worked on together is magical.

Your new single *Never Let Me Go* is out. What inspired the track?

Never Let Me Go is a colourful love song with an African pulse. I was in Cape Town, when **Matthew Field** from Beatenberg and I wrote the song. The weather, the atmosphere and everything was just perfect that day. The track was inspired by sincere love.

How would you describe your music and your sound in particular?

My music is a fusion of African sounds and pop music. I borrow elements and styles from different parts of Africa and fuse them with pop to create something fresh and unique.

What can we expect on your debut album later this year?

My debut album will be release this September and I am personally excited because everything came together beautifully. You can expect songs in French and Swahili as well as collaborations with some of SA's finest talents such as **Khuli Chana**, The Soil and Beatenberg. The album is my personal journey in songs.

You've collaborated with many big names. Which artist has taught you the most about the music industry?

I learnt a lot and gathered plenty of experience working with **Zahara**. Working with her and her team was absolutely amazing.

Now Dance 6
Various Artists

★★★★★

THE NOW series has become one of the most popular compilation series ever and, with the local version being on its 70th edition, it's clear that SA finds it R150 well-spent. This installment features tracks from the likes of **Martin Garrix**, **OMI**, **Robin Schulz**, **Nick Jonas**, Beatenberg, **Ariana Grande**, **Zedd**, Axwell /\ Ingrosso, **Iggy Azalea** and many more. The album is the perfect mix to get the weekend started and each of the three discs are jam-packed with the best dance music out at the moment. You won't be disappointed with this compilation!

El's Favourite Track: Years & Years – King

Peace Is The Mission
Major Lazer

★★★

IF you've listened to the radio at all this year, we can guarantee that you've heard Major Lazer's smash hit single *Lean On*, which features **DJ Snake** and **MØ**. Now **Diplo** and his team have just released their third studio album, *Peace Is The Mission*. There is no denying that there is some brilliant music on this record. *Lean On* and the new single *Powerful* featuring **Ellie Goulding** and **Tarrus Riley** is proof of that. Each song is fresh and has its own flavour, and lyrically, the album is a lot better than the previous two. But we hate the fact that Major has only given us nine songs with this offering, and fans of the group might also be disappointed to hear that there is a bigger pop influence, and their signature reggae sounds have been sort of pushed aside.

El's Favourite Track: Queen Of Peace

DBN Nyts
Believe

★★★★

THE local dance scene has improved so much over the past few years and we've seen such great music come out of this country. A big name on the urban dance scene at the moment is DBN Nyts, whose smash hit *Shumaya* has not only topped radio charts around the country, but has been doing really well on the iTunes chart too – proving that the public is investing its money on local talent. While the band is using the same recipe for many songs on the album, we can't deny that their music has made us move. The only thing we would like to see them improve on with their next album is their lyrical content. Otherwise, the diversity in their music and the fact that it can speak to an array of people has impressed us. The album is going to rock your socks off!

El's Favourite Track: Shumaya.

TV QUIZ

Catch *IsiBaya*, weekdays at 20h30 on Mzansi Magic.

1. Who is the high-profile taxi boss known as a savvy political player and leader?
2. Who stars as Phumelele's late sister's daughter in the soapie?
3. True or False: Mandla Ndlovu lives and dies by the sword.
4. Who plays the role of Sihle?
5. How old is Zweli Ngubane in the soapie?
6. Who does comedienne **Celeste Ntuli** play?
7. Who has killed to gain a position of power, his desire for which has a hidden agenda?
8. How many wives does **Mpiyakhe** have?
9. Who lost an infant child in the soapie?
10. Who is **Lerato**'s father?

TRIVIA

1. In Greek mythology who was the mother of Uranus?
2. What is an Ocarina?
3. What does an oologist study?
4. What was the former name of Vanuatu?
5. What is the largest lake in Central America?
6. What is the largest species of toad?
7. In ancient Greece what was a 'petasus'?
8. The extinct Elephant Bird was native to which island?
9. What is the factorial of six?
10. In which part of the body would you find the Pons?

CELEB QUIZ

1. Which radio presenter recently gave birth to a baby boy?
2. Which famous Big Nuz member passed away due to health complications?
3. How old is **Serena Williams**?
4. True or False: **Malik Hardwick** stars as James 'Ghost' St Patrick in *Power*.
5. True or False: **Justin Theroux** and **Louis Theroux** are brothers.
6. Which local celeb launched a #MakeItStop campaign?
7. Which *Real Housewives* star was caught shoplifting?
8. True or False: **Nicki Minaj** unveiled her wax figure at Madame Tussauds.
9. Which rocker ripped his pants during a performance?
10. How old is **Martha Stewart**?

Soaps

SKEEM SAAM

A CEASE-FIRE agreement is reached in the Kunutu family – but will it last? Lelo makes a sobering confession to Mangaliso. Tbose and Kwaito make a startling discovery. Mangaliso's life unravels in the most dangerous way. Ma Kunutu is pushed into a corner and has to fight for her place as Rachel's mother. Kwaito entertains thoughts of revenge on Lelo. Two women are about to skin Mangaliso alive. Enhle is put under extreme pressure when police show up at her door. Charles Kunutu shows Celia that he can be a loving man too. Lelo surprises herself and those around her when she opens her heart and shows real emotions. Mapitsi decides to spring-clean her life. Ma Kunutu and Alfred's relationship is taking major strain. There is a shock in store for Mangaliso. Alfred and Ma Kunutu's recklessness leads Rachel to an infuriating discovery. Mapitsi's trip down memory lane has unexpected consequences for Wallet. Kwaito receives a surprise visit from Lelo.

Skeem Saam, weekdays on SABC 1 at 18h30.

ISIDINGO

GABRIEL asks Nina to go away with him. Calvin shuts Angelique and her investigation down. Yvette is unsettled when Charlie tells her how she really feels about Calvin. Sizwe's faith in Zukisa is tested to the utmost when Gabriel wants to take her away on a business trip. Angelique is ready to leave town, but Barker makes her a very tempting offer. With Eddie becoming the new station commander, Yvette starts planning for the future. Gabriel reveals his deepest secret. Angelique makes a surprising decision. Yvette spills some beans about Eddie to the wrong person. Gabriel's break up with Nina causes headaches for Barker. Everyone on The Deep is concerned about Angie's appointment with Barker...especially Lincoln. Fed up, Eddie decides to deal with Yvette's constant meddling. Nina seeks Barker's backing at all costs. Angelique can't help but wonder whether Rajesh could be a romantic match.

Isidingo, weekdays on SABC 3 at 19h30.

SOAPIE STAR OF THE WEEK

Thorsten Kaye plays Ridge in *The Bold And The Beautiful*

THE BOLD AND THE BEAUTIFUL

HOPE has a difficult time processing the devastating information about Liam being in Paris to meet her at the same time that she took off to marry Wyatt. Ivy and Aly create a diversion with Wyatt in order for Hope and Liam to get some alone time. Ridge explains to a shocked Brooke about the drawing impairment that he has been secretly dealing with. Wyatt grows concerned about the future of his marriage to Hope now that she knows that Liam was in Paris to meet her. Ivy confirms for Hope the story that Liam told her about his saving her life. Quinn and Deacon stand aside with pleasure as they watch their plan take motion. Brooke is appalled by Bill's flippant attitude regarding the severity of Ridge's debilitating condition. Knowing that Quinn is gloating that her son got the girl, Wyatt warns his mother to stay away from Liam. Ivy confesses to Aly about her burgeoning feelings towards Liam and her intent to help him get over Hope.

The Bold And The Beautiful, weekdays on SABC 3 at 18h00.

Juicy Bites

Facts About Thorsten Kaye

- Did you know **Kaye** is an accomplished writer? He published a children's book, ***A Solid Wheel Of Coloured Ribbons***, in 2009.
- He left the show *All My Children* in 2010 when the show moved production to Los Angeles.
- He apparently doesn't spend time on the Internet.
- He attended college in the US on a rugby scholarship.

Hollywood BFFs

Tobey MaGuire & Leonardo DiCaprio

THE adorable pair met in the '80s at an audition when they were up-and-coming actors. Today they've been BFFs for over 20 years and also starred alongside each other on *The Great Gatsby*. Says **Leo** about his meeting **Tobey**, "After I met **Tobey** at an audition, I felt like I wanted this guy to be my friend." How sweet!

Matt Damon & Ben Affleck

REAL Bromance! The famous pair has been buddies since they were kids. Did you know they lived a few houses away from each other? The besties co-wrote and starred on the 1997 Oscar-winning film *Good Will Hunting*. They also worked closely on **Kevin Smith**'s 1999 film *Dogma*.

Vanessa Hudgens & Ashley Tisdale

REMEMBER them from the *High School Musical* films? Where they played rivals? Well, actually, they're really good friends in real life. Their friendship began in 2006 when they met on the set of the famous franchise. Nine years later, they're still going strong and are closer than ever! In 2014, **Ashley** tied the knot to musician **Christopher French** and guess what? **Vanessa** was a bridesmaid!

WHEN you have buddies this high up, there's new meaning to the term 'friends with benefits'.

THEY say a friend in need is a friend indeed, so we're not exactly sure what's keeping these BFFs together, since they're all so wealthy, the only thing they need help with is spending that money!

JWoww & Snooki

THE pair met back in 2009 when they became roommates on the MTV reality show *Jersey Shore*. They had their own spinoff show *Snooki & JWoww*, which was a success. Today, each is godmother to the other's baby.

Khloé Kardashian & Malika Haqq

REALITY star **Khloé Kardashian** and BFF **Malika Haqq** have the cutest friendship ever. The dynamic duo goes way back and you might have spotted **Malika** on previous *Keeping Up With The Kardashians* episodes.

You can catch Keeping Up With The Kardashians, Sundays at 20h00 on E!

Jennifer Aniston & Courteney Cox

THEY were BFFs on the appropriately named *Friends*, and they're BFFs in real life, too! They've been friends for over 21 years and met on the set of the famous sitcom. Since then, the two have been inseparable. **Jennifer** has admitted that her BFF was there through thick and thin. Not so long ago it was revealed that **Jennifer** secretly got married to **Justin Theroux** and, surprise surprise, **Courteney** was her Maid of Honour!

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7DE LAAN

IS Diederik in love again? Paula supports her dad through this difficult situation. Sifiso is worried about his friend's new interests. Altus is worried about his future with Paula. Bonita and Vanessa are worried about Xander's health. Herman's business partner tests his patience. Will Xander be able to forgive himself for what he has done? Kim loves all the presents that Franco brings her. Bernard is T&T's best customer. A stranger is wandering around the Heights. Vanessa pays a visit to Vivian... Will she get the answers that she is looking for? Louis smells a rat; he is on Franco's tail. Aggie and Pulane are spoiled by their friend.

7de Laan, weekdays on SABC 2 at 18h30.

RHYTHM CITY

SABELO notices that there's still a spark between Emmanuel and Mapula. Mampho's nervous about the big night with Shakes. Zinzi has slipped into a coma. A furious Doc takes it out on Solomon, Lerato and Bongi. Doc lashes out at Lerato for bringing Bongi to the hospital. Zinzi pulls through her alcohol poisoning ordeal. Solomon tells Doc to take responsibility for his own mistakes. Thandeka plays tough love with Bongi. Mampho tells Shakes the truth about her HIV status. Bongi pours all her bottles of booze down the sink, she tells Doc that he can't stop her from seeing her daughter. Bongi thinks this is the beginning of healing for the family. Shakes goes to Mampho's home to break up with her. Mamokete finds girlie magazines in Emmanuel's room. Zinzi is released from hospital. Bongi is determined to clean herself up. Mampho is upset with Reneilwe for telling Sifiso about her status. Sabelo attempts to get in with Sindiswa.

Rhythm City, weekdays on e.tv at 18h30.

SCANDAL!

MALETSATSI receives devastating information about someone she has held dear. A woman's arrival at NFH reveals a shocking truth about Mlungisi's past. Lerumo seems to have a new mother figure in his life but Anzani is not happy about it. Gloria goes on the attack in defence of a friend and Thembeka receives information which she is determined to use. Mlungisi is unsettled by the persistence of someone from his past. An apology comes out wrong, but still has the desired effect. Eddie is shocked into a personal realisation and Thembeka is met with professional resistance. Lindiwe is questioned by someone she believes to be a complete stranger. Anzani reaches out to their new guest, but immediately regrets it. Eddie finds himself faced with resistance and opposition from more than one quarter. Mlungisi is given some sound advice which he chooses to ignore. Anzani has a plan to get rid of an unwanted house guest. Quinton makes a decision which is discovered to have been extremely rash.

Scandal!, weekdays on e.tv at 19h30.

BINNELANDERS

CHRISTIAAN and Jana find it difficult to get hold of Herman, and Rossouw leaves At with an upsetting thought. A breakthrough, a short list and a hatchet that needs to be buried are causes for major drama. Rian and At are at loggerheads, and Jana will have to fight for what she wants. Marlene gets dealt with, while Herman's olive branch leads to a scuffle. Adelyn is eager to make the new doctor feel at home, and At's day is filled with opposition. Jana finds herself in an uncomfortable position, while Okkie tries to thwart some praise. Pippa has advice for Daleen and Tertius, while Jana doesn't play open cards with Rian. Two women arrive at Binneland Clinic, each looking for a specific doctor. Marlene's words upset Ilse, while another couple needs to talk things through. Naomi's innocent call could have major repercussions. Tertius's attention is clearly not at home – and even more evidently not at work. Herman has a temporary solution for Steve, while Ilse's comment to Marlene leaves no room for doubt. Ivanka has a crisis at college, and Adam can only mean danger.

Binnelanders, weekdays on kykNET and M-Net Terrestrial at 18h30.

Fighting With Fire

A YOUNG man who suffered horrific third-degree burns to 70 percent of his body in a childhood accident has faced his fears by becoming a firefighter.

TERRY MCCARTY was just six years old when he was engulfed by flames after his brothers filled a bowl with kerosene, which was set alight and accidentally knocked onto him.

After the accident, the now-29-year-old from Hawthorne, Nevada, endured 58 operations as well as cruel taunts from bullies. At the time he was placed in a medically-induced coma for two months at Shriners Hospital in Galveston, Texas.

Terry was hospitalised for 12 months and remembers this time vividly, including the debridement process of scrubbing off his burned skin, and having multiple skin grafts.

He recalls, "It was absolutely terrifying. I didn't understand anything – all I knew was that when I saw a doctor, I should expect pain. I'd be taken out of surgery just long enough to stabilise, and then I'd be rushed back in."

After a year of recovery, Terry returned to school at age eight, where he became the victim of bullies who would call him 'monster', 'toast' and 'Freddy Krueger'.

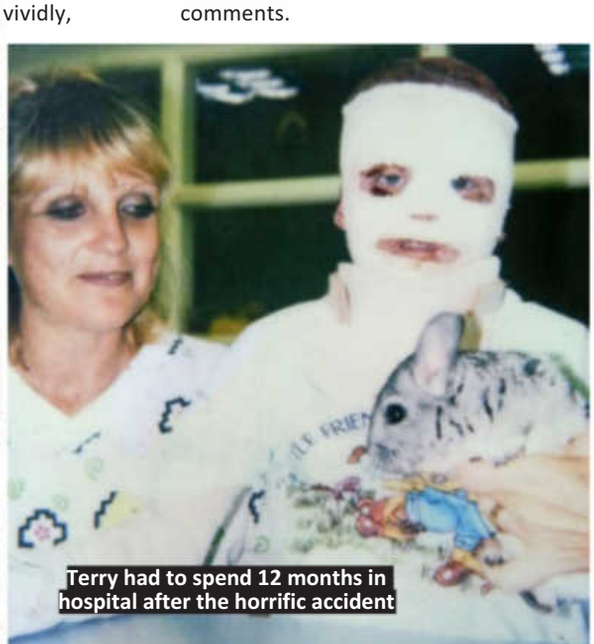
"The one thing that got me through was the love of my family – especially my brothers, Ryan and Jason. There was never any anger between us, and I don't know what I would've done without them," says Terry.

He and his brothers became inseparable, and with their encouragement and support Terry found the courage to stop hiding himself, and accept the stares and comments.

SOURCE: HOT SPOT MEDIA

With the support of his family, Terry went on to face his fears and become a firefighter

Before the burns incident



Terry had to spend 12 months in hospital after the horrific accident

Fire

"The emotional bond we had was vital to my recovery – they did so much for my confidence by just being there," says Terry.

Apart from the scarring, Terry suffered no major health issues from the burns, and quickly adjusted to moving with his tighter skin. He was determined to overcome the harrowing experience and bravely became a firefighter to face the fears that had crippled his confidence for years.

"After the accident I lived in a constant state of fear and uncertainty," Terry says. "I struggled to find work as an adult as people always told me I was a liability, and I had started to believe it. Becoming a fireman was a spur-of-the-moment decision – I thought if I could do this, people would realise I could do anything."

Terry applied to a Washington fire service in October 2011. After his application was accepted, in April 2012, he faced 12 weeks of gruelling training, where he confronted fire for the first time since his accident.

"As part of my training I had to complete a live fire exercise, where fire is made using propane in an artificial setting. Fear washed right over me, just as the fire had all those years ago. I couldn't move, I felt like I was six years old again when I saw those flames shooting out of the ceiling. But I think it helped, in the end – I started to realise the fire didn't control me. Why should I let fear take over my life?" he recalls.

In July 2012, having passed his training, Terry became a firefighter and won the admiration and respect of his colleagues and the public.

Terry says, "Attending events, or even just being out in public in my uniform, always attracted a mixture of shocked and awed reactions."

Terry's fingers, burned to the first knuckle, gave him some difficulty, but he soon adapted, teaching himself to properly brace a hose using his hip, and how to quickly suit up with an air tank.

Terry, having spent two years as a firefighter, quit the force to work with the Burned Children Recovery Foundation at Camp Phoenix, a programme in Bellingham, Washington, supporting children with burns.

"Fire robbed me of my childhood – I wanted to give these children a chance to experience being a kid, even for a short time," says the courageous survivor.

Terry is now focusing on opening his own foundation to fund programmes for children with burns.

"Nothing like this programme has been done before," he says. "It's going to take a lot of work, but being able to support people who suffered like I did will make it all worthwhile."

Animal News

BY EUGENIA BOOI

PICS: WWW.ELITEPHOTOAGENCY.COM / PAN MEDIA

Look! Hedgekittens!

THESE baby hedgehogs faced certain death after their mother died, but, thankfully, they found the purr-fect surrogate just in time. Sonya, the ginger cat from central Russia, only had one kitten of her own, meaning that she had plenty of milk to spare. Sonya readily adopted the four baby hedgehogs into her family, nursing them alongside her own kitten. Where can we sign Sonya up for the Mother Of The Year award?

Nap Time

THIS sleeping fox was spotted by a London resident. While it's difficult to come across a fox sleeping anywhere, it's particularly unusual to find one napping on the second-storey window ledge in Notting Hill! While most foxes only emerge on the streets of the city during the night, this one seemed comfortable he wouldn't be disturbed. As for how the fox got up there in the first place – or down again, for that matter – that's anyone's guess.

Birthday Brothers

WHEN Chicago mother Ivette Ivens saw a French bulldog puppy that was born on the same day as her baby son Dilan, she knew it was a sign. "I saw Farley's birth date and just knew it was meant to be," she said. Baby Dilan doesn't just have a pet dog to cuddle up to at night – he has a pet dog that shares exactly the same birthday as him. And they do everything together. We're talking sleeping, playing, eating and even bathing. Too cute, right?

Do you have a story for Animal News by Eugenia Booi (with pictures) you would like to share with us? E-mail eugeniab@caxton.co.za and write 'Animal' in the subject line. We will give you R500 if your story is published!

Take Me Home

THIS week we have some adorable dogs from Friends Of Animal Rescue.

How To Adopt Me: If one of us has caught your eye and you're willing to provide us with a loving home, please phone Shayne on 082 336 5568 or e-mail shaynesuttie@gmail.com, to meet us.

TIPS ON ADOPTING A PET

BEFORE you adopt a gorgeous pet, make sure you have considered the following:

- Do you travel a lot?
- Does your complex / neighbourhood allow pets?
- Do you have a safe and secure home for the new addition?
- Do you have the time and money to look after a pet?
- Will you love and care for this animal at all times?
- Will the animal fit in with your other pets?
- Ensure the breed is one that suits you and your family.
- Do you have enough space for the pet to run around?
- Do you have kids? If yes, take the correct security measures before adopting.

Sadie

Cupcake

Troy

Babe

Strange But True

BY EUGENIA BOOI

Finger Painting Masterpieces

ARTISTS are unique individuals, creating different works in their own different way, using their own particular set of tools in conjunction with their imagination. A Brooklyn-based artist has created a series of hyper-realistic paintings which look just like choppy seas and spectacular icy landscapes. And the best part is she doesn't rely on paintbrushes or other typical tools. Her chosen instruments are her own fingers. She paints ultra-realistic landscapes of Greenland and its icy waters, inspired by her travels to the world's most remote places.

Wooden Wonders

SOUTH KOREAN artist Jae-Hyo Lee is a master of manipulation. He turns discarded pieces of wood into attention-grabbing pieces of art that are both elegant and functional. With his meticulous work he's able to create these stunning wood sculptures; he uses chunks of wood, burning them slightly for texture and then polishing them to create a smooth surface. Lee's sculptures aren't exactly solid – the effect is achieved by using a torch on the insides of the statues. The blackened parts contrast with the polished wood, accentuating its coloring and the shapes of the circles.

Real Life

'MY FLAB MAKES MY MARRIAGE FAB'

SUPER-SIZE Natalie Werrett loathed her 152kg bulk...until she met chubby-chaser hubby Liam – and now she's flashing the flab.

THE curvaceous 30-year-old was pressured by friends, family and boyfriends to attempt a stream of fad diets to lose weight – which left her miserable and unhappy in her own skin. But since meeting husband Liam, 29, she has learned to love her bountiful body, and is inspiring other super-sized big beautiful women (SSBBWs) by posting her seductive modelling photos online.

Natalie, from Norfolk, was bullied at school for being too big to fit in the standard school uniform.

"I've been overweight since I was five years old. I was always a chunky child," she says. "I would eat almost anything and I just kept on getting bigger."

As she got older Natalie tried a series of different diets, and even diet pills, in a desperate attempt to shed her flab.

"I've tried Weight Watchers, I've tried Slimming World, I've tried diet pills, I joined a gym," Natalie says. "My family used to tell me, 'You need to do this diet'; they thought it was encouraging – but as a teenager it made me very unhappy."

The self-conscious brunette continued to get heavier – and her self-hatred came to a head when a boyfriend called her 'fat and disgusting'. "I was engaged to my first boyfriend, we were together for two years," she says. "He cheated on me and told me I was so fat I'd never find anyone else and that I couldn't do any better. I couldn't get changed in front of him and our sex life went out the window. I thought if I left him I'd be alone forever."

But Natalie's life was transformed when she met now-husband Liam nine years ago.

Chubby-chaser Liam, who worked as a groundskeeper at the RAF base where Natalie worked at the nursery, was instantly attracted to Natalie's fuller figure.

"My husband loves me how I am and he tells me I'm beautiful," she says. "He loves my curves and he adores me – he restored me to my happy self and helped me build my confidence back up. It was like having a whole new life."

The couple, now married with daughter Megan, seven, work together to promote Natalie's big, beautiful body – Liam acting as photographer in the saucy photo shoots they stage at their home. The modelling shots appear on sites dedicated to SSBBWs in the United States and on Natalie's fat-loving social media pages.

SOURCE:GREATSTOCK

facebook.com/peoplemagsa

Natalie has the full support of her husband, as well as her daughter Megan

Natalie and Liam are spreading her message about being happy with the body you have

Natalie says, “Liam’s always had an appreciation for plus-size women and he introduced me into the super-size world. I just do it to encourage bigger women to come out and embrace themselves – there are lovely people out there of all kinds of shapes and sizes.”

Liam, who loves taking saucy snaps of his wife to post online, says, “I have always liked bigger girls, there is just something personality wise about a plus-size girl that is refreshing. If she got bigger I wouldn’t be unhappy. I could look at somebody who is 250kg and I would think they were gorgeous. The first time we met I thought she was beautiful and I couldn’t take my eyes off her. Natalie enjoys it if other people can look up to her and get something out of it. They see her and think, ‘I can be big and beautiful; I can be happy,’ and she is passing that message on effectively.”

At over 152kg Natalie is currently the heaviest she has ever been. “If I was at home I’d probably snack most of the day,” she says of her eating habits. “I’d eat some toast then biscuits, some chocolate, some crisps and breadsticks. Sometimes I like to eat minted lamb on its own, and I love jam doughnuts.”

But Natalie insists she would never get big enough to cause health problems, and goes swimming twice a week with daughter Megan to keep healthy.

“If the doctor told me my life was at risk I would cut back on what I ate, but until then I’m going with how I am now,” she proclaims.

So, Natalie is set to continue celebrating her curves and sharing her body confidence message online.

“If you asked me to go on a diet now I’d just say ‘no’. You couldn’t pay me enough money to go on one,” she says.

PUZZLE ANSWERS

Even Exchange

1. Betsy, Betty
2. Claude, Clause
3. Strait, Strain
4. Leave, Lease
5. Mayor, Major
6. Butter, Butler
7. Parks, Parka
8. Health, Hearth
9. Scoop, Snoop
10. Father, Lather

Cryptic Crossword

	M		L		R	E	P	R	I	S	A	L		
N	O	T	I	C	E			A		P		A		
	D		B		A	R	T	I	S	A	N	S		
R	E	V	E	A	L			S		N		H		
	R		R		I	N	F	E	R		T			
S	A	G	A		S		E		E	A	R	L		
	T		T	I	T	A	N	I	C		E			
C	E	R	E		I		E		O	V	A	L		
	D		S	A	C	K	S		R		S			
S		I		L				T	E	D	I	U	M	
C	O	M	P	O	S	E	R		E		R			
A		P		U			A	I	R	M	E	N		
R	E	S	I	D	U	A	L		S		S			

Codebreaker

13 T	25 Y	22 P	3 I	24 C	12 A	8 L			21 E	26 Q	23 U	3 I	22 P	
11 H		21 E		12 A		12 A			25 Y		1 S		8 L	
3 I	4 G	6 N	3 I	13 T	21 E	14 R			21 E	2 V	21 E	14 R	25 Y	
24 C		12 A		12 A		25 Y					14 R		10 W	
15 K	3 I	6 N		9 M	12 A	6 N	3 I	7 F	21 E	1 S	13 T	16 O		
		24 C		12 A		17 X		8 L				16 O		
24 C	11 H	21 E	21 E	14 R	25 Y		24 C	16 O	18 W	12 A	14 R	20 D		
14 R				12 A		10 J		16 W		7 F				
12 A	20 D	2 V	21 E	6 N	13 T	23 U	14 R	21 E		7 F	3 I	19 B		
16 W		12 A				3 I		14 R		8 L		8 L		
8 L	16 O	4 G	3 I	24 C		24 C	12 A	22 P	1 S	3 I	5 Z	21 E		
21 E		23 U		12 A		21 E		16 O		24 C		12 A		
20 D	14 R	21 E	12 A	14 R		14 R	16 O	13 T	12 A	13 T	16 O	14 R		

Arrow Word

	I				B			P						
	N	A	T	T	Y		D	U	V	E	T			
	I	L	I	A		O	R	B		I	I			
S	T	U	P	I	D		O		I	R	E			
	I	M		L		D	O	D	G	E				
	A		D	O	W	E	L		O		F			
C	L	E	A	R		N		B	R	A	E			
			M		T	O	P	I		S	L			
P	R	O	P	O	R	T	I	O	N	A	L			
	A	S		L	I	E		T	O		O			
R	I	P	E		B		B	I	B	L	E			
	D	R		Y	U	K	O	N		I				
D	E	E	P	E	N		N		A	L	P			
T	R	Y		T	A	K	E	A	W	A	Y			
	S		K	I	L	O		D	E	C	A			

Sudoku

8	1	4	7	3	6	2	9	5
2	5	7	1	4	9	3	8	6
9	6	3	8	5	2	1	7	4
6	4	1	5	2	8	9	3	7
7	2	5	9	6	3	4	1	8
3	8	9	4	1	7	5	6	2
1	9	2	6	7	4	8	5	3
5	3	6	2	8	1	7	4	9
4	7	8	3	9	5	6	2	1

Maths Quiz

	9	4	6		9	7	0	
2		5	4	1		4		6
4	4	2		9		9	9	8
7	1		6	1	2		4	0
	9	1	1		2	1	0	
4		1		8	2	3		1
5	4	5		4		3	9	1
6	6		4	2	5		3	2
	5	0	1		1	0	9	

Go Figure

9	÷	3	+	6	9
−		−		−	
7	−	2	×	1	5
+		×		÷	
4	×	5	÷	5	4
6		5		1	

Killer Kakuru

	4	1	2			1	3	2	
2	1	3	4			2	1	4	3
1	5		3	1	2	5		5	1
3	2		1	2	4	3		1	2
	3	2		3	1		1	3	
		8	9			8	9		
		9	7			9	7		
	3	1		2	4		8	5	
1	5		4	1	2	3		3	1
2	1		2	3	1	5		1	2
3	4	2	1			1	3	2	4
	2	1	3			2	1	4	

Celeb Wordmatch

PEANUT	B	U	T	T	E	R	NUT
WELL	S	P	O	K	E	N	WORD
WATER	T	U	N	N	E	L	VISION
PRINCESS	R	O	Y	A	L		FAMILY
GRAND	M	A	S	T	E	R	RACE
TORTOISE		S	H	E	L	L	FISH
NANNY	S	T	A	T	E		CAPITAL
TOP	D	O	L	L	A	R	BILL
TIME		S	H	A	R	E	CROPPING
BURIAL	G	R	O	U	N	D	BREAKING
DRY	C	O	U	N	T	Y	FAIR
AIR	B	U	B	B	L	E	OVER

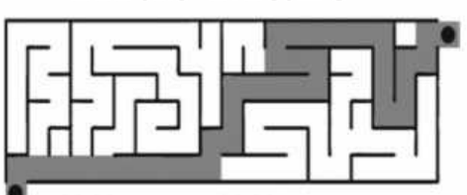
Jumbo Crossword

SOLUTION

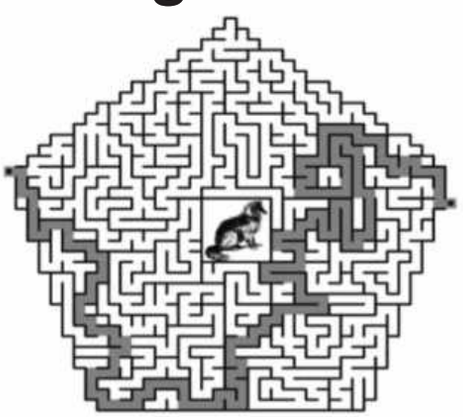
ACROSS: 6) GEM 13) LAST BUT ONE 14) SHANKS PONY 15) PARAPET 16) COVE 17) EGRET 19) UMBER 21) GNAT 22) MENUS 23) OFFBEAT 24) ASTER 25) KELP 27) AEON 29) EBBS 31) ANTS 33) ATTAR 35) MESSY 38) AROMA 40) JOY 41) DINGO 42) ARRAY 43) ILK 45) EDGY 47) ALARM 48) STIR 49) BAT 50) OGLE 52) HUSK 54) OVA 56) VOW 58) THENCE 61) MAR 63) OBI 65) MERITS 68) BAMBOO 70) BERATE 71) DANGER 73) CHI 74) TACTIC 75) UNCOUTH 76) TEQUILA 77) DETECT 78) RAT 79) GAUCHE 80) BYLINE 83) SIGNAL 86) COSTLY 89) EEL 91) NAP 92) POETRY 95) DOT 96) RUM 97) KEPT 101) EXIT 102) PIE 103) URNS 105) HAWKS 106) ACME 108) TOR 109) SALSA 110) TORSO 112) ROD 113) AUGHT 115) TABOO 118) CABLE 120 GRIP 122) ASPS 125) BEST 127) ADAM 129) RESIN 131) ESSENCE 132) CABIN 134) KIWI 135) ADEPT 136) ABODE 137) GHEE 138) TRODDEN 139) ON THE VERGE 140) IN TWO MINDS 141) DIP

DOWN: 1) PAROLE 2) ATTEMPT 3) QUEEN 4) COARSE 5) LEPTON 6) GIRAFFE 7) MUPPETS 8) ASTUTE 9) BAOBAB 10) SKIRT 11) EPIGRAM 12) INFANT 18) GUARD 20) ESSAY 26) LAYETTE 28) OUNCE 30) BERTH 32) NAIROBI 34) TUG 35) MOAT 36) SEASON 37) YAMS 39) OFT 40) JABOT 44) KVASS 46) YOKE 48) SKIM 51) LAMA 53) UNIT 55) ORB 57) NOR 59) HEAVE HO 60) NEGLECT 62) AMPOULE 64) BABUINA 66) RECLUSE 67) THITHER 69) OCHRE 70) BITTS 72) RUT 74) TAG 81) YELP 82) ILL 84) GNU 85) APEX 86) CARET 87) SAMURAI 88) YAKS 90) COBWEB 92) PITA 93) TAPERED 94) YIELD 98) TULIP 99) CHAT 100) AS TO 101) EERIE 104) NAG 107) CUB 109) STAID 111) OCTAD 114) UPRIGHT 116) ABSCOND 117) OWNED UP 119) LANGUID 121) REIGNS 123) SNEERS 124) SETTEE 125) BEANIE 126) SCOUTS 128) AGENDA 130) SAVVY 133) BEBOP

Kids Maze



Mega Maze



Scramblers

1. Flower; 2. Profuse;
3. Direct; 4. Nimble

Today's Word

COMPUTER

Sticklers

The word is "hospitalization."

Number Crunch

6 8 + 1 3 3 = 2 0 1
+ + +
1 1 7 + 4 8 = 1 6 5

1 8 5 + 1 8 1 = 3 6 6

Missing Links

450	÷	6
75	+	32
107	x	4
428	+	438
866	÷	2
433	-	262
171	÷	9
19	x	5
95	x	7
665	+	22
687	-	454
233	x	4
932		

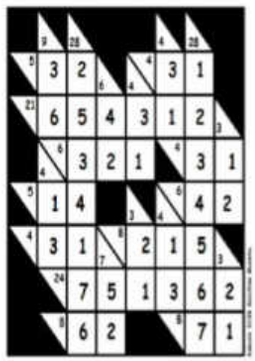
General Knowledge Blockword

Sugaru

1	3	1	3	2
2	4	2	4	1
1	5	3	5	2
3	2	1	4	1
1	4	5	2	3

Monster Sudoku

Kakuru



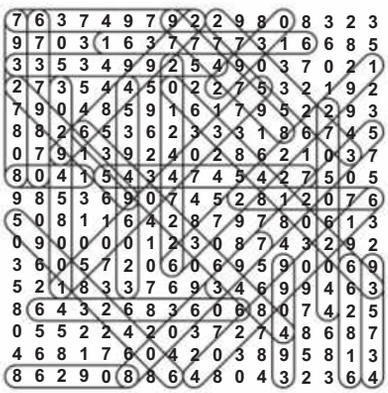
Tatami

2	3	2	1	3	1
1	2	1	3	2	3
3	1	3	2	1	2
1	2	1	3	2	3
2	3	2	1	3	1
3	1	3	2	1	2

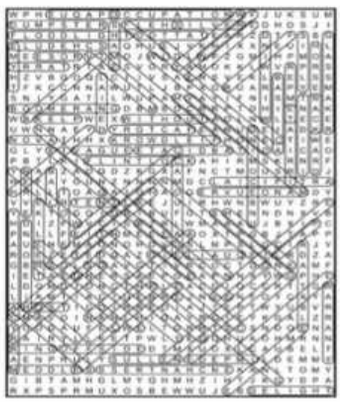
CrissCross

Celeb Crossword

Numbersearch



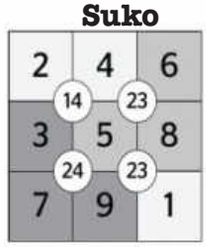
Giant Wordsearch



WordDoku

M	V	R	P	A	O	C	E	L
O	E	L	V	C	M	R	P	A
C	A	P	R	E	L	O	V	M
P	C	M	E	L	V	A	O	R
A	O	E	C	M	R	V	L	P
R	L	V	A	O	P	E	M	C
E	R	O	M	P	A	L	C	V
L	P	A	O	V	C	M	R	E
V	M	C	L	R	E	P	A	O

Suko



Crossword

ACROSS 5) OCTOBER 13) INCENSED 14) AMETHYST 15) DOCUMENTARY 18) MIGRATE 19) CURRANT 20) RECAP 22) ATTIC 23) BLED 25) RAISE 26) HELL 28) TRUE 30) EDAM 31) TWEE 32) AVER 34) SNAG 36) SLUMP 37) EBBS 39) RANT 40) BACON 42) CYCLE 44) TAIL 45) ALSO 46) SALVO 49) OSLO 52) SALE 53) LOST 54) POEM 55) LIMB 58) ASP 59) AIR 60) AROUSE 61) PACIFIC 62) LOSSES 63) JAR 64) TAN 65) ETES 67) TAME 68) UNIT 69) TIDE 71) ROSE73) DENIM 76) EDEN 79) PASS 81) UNDER 83) RADAR 85) SLIP86) POLO 87) STAGE 88) INTO 89) VISA 90) ROUT 91) AMPS 92) MIME 94) MOUE 96) CRASS 98) YALE 100) CARAT 101) TIARA 102) SECTION 105) STAMMER 107) DECEPTIVELY 109) ORGANISE 110) ECSTATIC 111) PRIMARY

DOWN 1) AILMENT 2) FEAR 3) TSETSE 4) ADD 6) COUGAR 7) OMEN 8) ESTATE 9) SAY 10) SECURE 11) CHAR 12) STUTTER 16) OREGANO 17) RAILWAY 21) PAELLA 22) ASIMOV 23) BEST 24) DEGAS 26) HEELS 27) LAST 29) READ 33) EVIL 35) ABLE 38) BELL 41) COLLECTED 43) COMPLETED 45) ALL OVER 46) STEAMED 47) LIAISON 48) OPTIMUM 50) OILSKIN 51) BANJO 52) SPARE 56) BASTE 57) GRAND 66) SOUL 69) TERN 70) SARI 72) SNORE 74) EXTORT 75) INGEST 77) DAISY 78) FIRM 80) SPAM 82) EDUCATE 84) ADMIRAL 85) SOME 89) VERSION 93) EMBRACE 95) UTOPIA 96) CAREER 97) SILVER 99) ARTIST 103) TRAP 104) STEM 106) MEAT 107) DEN 108) YET

Spot The Difference

1. Bow is smaller 2. Sleeve cuff is missing 3. Cap is missing 4. Book is reversed 5. Mat is missing 6. cornerstone is missing

Trivia Answers

TV Trivia 1. Mpiyakhe Zungu 2. Jessica Nkosi 3. True 4. Zinhle Mabena 5. 28 6. Siphokazi Zungu 7. Bhekifa Ngubane 8. Three 9. Lerato 10. Bra Shady

Trivia 1. Gaia 2. Wind Instrument 3. Birds eggs 4. New Hebrides 5. Lake Nicaragua 6. Cane Toad 7. A hat 8. Madagascar 9. 21 10. The Brain

Celeb Trivia 1. Anele Mdoda 2. R Mashesha 3. 33 4. False 5. False 6. Thando Thabethe 7. Kim Richards 8. True 9. Lenny Kravitz 10. 74

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MEN SEEKING WOMEN

Lets talk about Us-Gauteng,18-24 yrs, Afrikaans speaking, brown hair and green eyes. Employed and financially independent. Live on my own. Looking for a special lady who is genuine and deep, for a long term relationship and love.ID: 1365

Sporting and Fun-Gauteng, 25-34yrs. Very active and sporty. Regular swimmer.Outgoing and fun to be around. Friends say Iâm an all round nice guy. Seeking a special independent lady 18-24 yrs who is fit, active and fun to be around. ID: 1515

Love to Live Life-Mpumalanga, 34yrs African gentleman. Soft spoken, non-drinker and smoker, enjoy going out socialising and going to gym, and am optimistic about life. Looking to meet a lady 25-34yrs who has the same outlook on life.ID: 1956

Happy Traveller-Gauteng 35-44 yrs, Honest, fun, outgoing guy, enjoying life but looking for Love. Seeking a special woman who knows how to laugh and enjoy life, who likes going out and travelling to new places. Sounds like you ? ID: 1236

Lets have some fun together-Limpopo 45-60 yrs,Fun, independent and very outgoing man.Like to spend quality time with good people.Looking for an honest, sincere lady 35-44 yrs who is outgoing and likes to have fun. If this is you, lets hook up.ID: 1357

Live an Active Life-Gauteng, 45-60 yrs,Very active, run, cycle, hike and attend gym often.Non-drinker, care about my appearance. I'm not a pretender, looking for a special lady 45-60yrs slender to medium build, honest and trust worthy.ID: 1920

Looking for Love-Gauteng 25-34 yrs (Jhb), African man. Non Smoker, clean living honest and kind. Love to go out and enjoy life with special people. Seeking a loving, kind woman, non-smoker. Who is honest and loyal, for friendship.ID: 2732

Lets learn about Life-Gauteng 35-44 yrs,love to learn more about life, enjoy travelling,hiking,own my own business and am financially independent.Looking for a lady 25-34 yrs who is fun loving,intelligent and enjoys long chats and walks.ID: 1447

Looking for Friendship and Fun-Mpumalanga, (Lydenburg) 35-44 yrs, Afrikaans speaking, 1.8m, blue eyes and blonde hair.Like to be sociable and spend time with family and friends.Looking for a kind, honest, fun lady 35-44yrs for friendship and fun.ID: 1992

Warm Hearted Man-Mpumalanga 25-34yrs, African man, I have a good heart, am down to earth, kind,loving and caring. Seeking an attractive, down to earth lady,with a good sense of humour, who knows how to enjoy life and must be active.ID: 2816

Like to have Fun-Gauteng 45-60 yrs, Single gent, never married. Outgoing and fun. Like to socialise with family and friends. Also like Movies and theatre. Looking for a slender lady 25-34 yrs, who is out going and fun to be around.ID: 1574

Lets grow old together-Gauteng,35-44yrs Fun loving Indian guy, love life, enjoy going out to movies, taking long walks and enjoying the great outdoors.Looking for a special lady 35-44yrs with similar interests to share life and fun times.ID: 2155

Young & Beautiful-Gauteng 25-34 yrs,African gentleman,Young, beautiful. Honest,intelligent and hard working.Love to go out to new places and meet new people.Seeking a special lady 35-44yrs to be my companion and soul mate, maybe moreID: 2537

WOMEN SEEKING MEN

Outdoor Life-North West, 18-24 yrs, single Mom, Fun,outgoing, lady. Enjoy camping and the outdoors and being in the bush. Also love going out and having fun. Looking for an honest sincere man 25-34yrs who is fun loving and kind.ID: 1397

Lets have some laughs-Gauteng 45-60, White English speaking lady, petite and pretty. Enjoy the outdoors, dining out and going to the movies.Seeking a white man 45-60 who is financially independent, respectful with a good sense of humour.ID: 2741

Plenty more Life to Live-North West, 60 yrs young, healthy, enjoy life, friendly personality, like to travel,dancing and love the outdoors. Looking for a good man who has strong morals,is a church goer and appreciates the value of family.ID: 1461

Lets see what Happens-Gauteng 45-60 yrs, Professional, outgoing fun lady. Like to spend time with family and friends and meeting new people. Looking for a honest, sincere man 45-60yrs for companionship, friendship and to share fun times.ID: 1504

Long Term Love-Western Cape, 35-44 yrs. Friendly, out-going lady. Like to met new people and be sociable. Looking for a special man 35-44yrs for companionship and maybe a long term relationship.Leave me a message and lets hook up ID: 1708

Fit and Active-Gauteng, 62 yrs. White female, still working and financially independent. Have several hobbies and like enjoy life to the full. Seeking a kind hearted, gentle and loving man to share friendship and happy times with.ID: 2245

The Quiet Type-North West 25-34 yrs. Soft spoken, slightly reserved African lady.Like to spend quality time with family and friends.Love to travel and meet new people.Looking for a kind, caring, man to take care of me and have funID: 1305

Spitirual Friendship and Love-Gauteng 35-44yrs,Strong Christian,very spiritual, enjoy being with family and friends,love the outdoors and love sports.Fun loving and passionate about Africa.If you are 45-60 with same outlook on life get in touch.ID: 2683

Fun times together.-Gauteng 45-60 yrs,Youthful, independent white lady, honest, sincere, down to earth. Love to spend time with family and friends and be outdoors. Seeking a man 45-60, of sober habits, honest and sincere for fun times.ID: 2399

Plenty to Live-Gauteng 60+ Divorced. Open minded, loving, kind and considerate, 2 grown up children.Looking for a special man of similar age for a solid, healthy, loving relationship and to have some fun. Leave me a messageID: 1150

Long Term Love-Gauteng, (Pretoria) 29 yrs,single lady.Young, adventurous and ready to find that special someone to share my life.I'm seeking a special man who is honest and kind and is looking for a serious long term relationship.ID: 3285

Adventurous and Fun-Gauteng 45-60yrs. Single African lady, Outgoing, funny and very sociable. Like to meet new people.Seeking a handsome man 60+, Christian values, outgoing, sociable and fun.Should enjoy travelling and being adventurous.ID: 2807

Professional Single Lady-Gauteng, 53 yrs.African lady, professional and financially Independent, Have 1 child, I am very humble, enjoy Gospel music, going out to the movies and love nature. Seeking a special man 45-60yrs to spend time with.ID: 2819

Active and Christian-Gauteng, 25-34 yrs, Christian lady, enjoy my job, Love sports and keeping fit. Like to participate in races on the weekends.Looking for a Christian man with strong values, 25-34 yrs for companionship and maybe more.ID: 1665

Fun and Friendly-Gauteng 43 yrs,Dedicated, Fun loving lady who loves being around people and making new friends. Divorced, no children, hard working and financially independent, non-smoker, Looking for a man 45-50 who enjoys life.ID: 1378

Sporting and Fun-North West 25-34 yrs, Enjoy netball, going out to dinner and socialising. Professional Engineer, tall and dark. I have a great sense of humour am very outgoing and lots of fun to be around. Looking for companion.ID: 1227

Come share my Life-Mpumalanga 25-34yrs.Young, independent, outgoing, fun lady.Love to eat out, travel to new places and have fun.Like to spend time with family. Looking for someone to share my life and create happiness and good times.ID: 1818

MEN SEEKING MEN

Lets have some Fun-Gauteng 25-34 yrs. I have brown hair and eyes, average build, enjoy going out and having fun.Like to party and stay home sometimes.Looking for that special guy 25-34yrs to share some happiness and quality time with.ID: 1676

Love and care for Me.-Mpumalanga, African lady 32 yrs. 2 children, Iâm honest and caring.Independent, outgoing and fun to be with.Looking for an outgoing, fun man 25-34 yrs, who is honest, kind and knows how to love and care for a woman.ID: 3175

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PAPA SUNIL & GURU LADY CHENTAL NAIDOO never charged me any fee for a healing but he made me a happy wife with the one I loved the most. My name is Natasha from Reserver Hill, after I read alot of articles about THEM, I gave it a try on the person I loved most. He was my boss at first who loved my friend but he ended up being my husband after I consultated **PAPA SUNIL & GURU LADY CHENTAL NAIDOO** I called THEM and booked an appointment for the following day, I found alot of people waiting for THEM, when I met THEM, they called my names, surnames and date of birth without me telling them anything and I was so shocked, **THEY TOUCHED** my palms and forehead told me that all I wanted was to get married to the one I love and he is my boss. **PAPA SUNIL & GURU LADY CHENTAL NAIDOO** prayed for me, gave me some ashes to blow after just 8 hours, my friends boyfriend the one I loved called me to check if I was ok. THEY called again and told me to keep a secret and we go for a cup of tea in Zimbali, immediately that night he knelt down proposing for marrage.A few months later we are engaged and then we were married.

NOW MY HUSBAND IS MUCH AWARE ABOUT IT AND HAS NO PROBLEMS AS HE DISCOVERED THE REASON WAS LOVE. THANKS PAPA SUNIL & GURU LADY CHENTAL NAIDOO

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Real Life

48 Hours In The Life Of A Billionaire

FOR most, the thought of a R1-million bar bill is terrifying. For Joe Fournier, it's just another birthday tab.

Joe Fournier is worth over R1-billion – and he's not even 40 yet

SOURCE: PAN MEDIA PICS: PAN MEDIA

EMERGING from his chauffeur-driven Bentley on to the eerily quiet runway at Stansted airport, R6-million Hublot watch on one arm, a R60 000 crate of Ciroc vodka under the other, Joe Fournier boards his private jet. And so begins a surreal 48 hours in the life of a billionaire nightclub king.

His watch alone costs more than the average house.

"I can't help it, I just like beautiful things," he says as he gestures an air hostess to pour a gargantuan vodka tonic.

Joe on the Greek island of Mykonos

"Throughout my life I've found that whereas everyone else wanted to drive a Ferrari, I wanted to buy a Ferrari. Everyone else wanted to be a millionaire, I wanted to be a billionaire. My aspiration is high and I'm very ambitious but I'm also very moral, he says.

Sipping his drink with a smile on his face, he says, "I love entertaining and I always want everyone around me to have a good time although I did work out the other day that most of my friends are on my payroll. I am literally paying people to be friends with me! So my real friends, I suppose, are the ones I grew up with, the ones who knew me when I had nothing."

Growing up in a 'rough neighbourhood' in Hounslow, West London, businessman Joe is entirely self-made. Oh, and he bought his first Ferrari at 20.

A shoulder injury ended his burgeoning career as an England basketball player.

And after a year moping – "I spent every day in my local, drinking to oblivion," he admits – he set up a personal training gym.

Thanks to a mixture of luck, talent and good old-fashioned winging it, he landed celebrity clients including **Madonna** and **Gwyneth** [redacted] and didn't look back.

After selling his gyms and 'investing in a few stocks and shares and a bit of property', he [redacted] owns a global empire of 11 nightclubs trading under his Bonbonniere brand.

He counts **Paris Hilton** and model **Jourdan Dunn** among his friends and has homes in London, Miami, New York and on the Greek island of Mykonos.

If he sold everything tomorrow he would be a billionaire. Yet, terrifyingly, he is still only 32. This is no average Joe.

So what of his celeb friends?

"Well, all the people from my personal training days, I'm not allowed to talk about," he says. "I had to sign agreements and their lawyers are really hot on that."

Now on his third vodka tonic, Joe talks about his supposed flame, *X Factor* judge **Nicole Scherzinger**.

The pair were spotted kissing during her wild 37th birthday party on Mykonos. They are, he says, 'just good friends'. And he insists that after her split from **Lewis Hamilton**, **Nicole** is happier than ever.

"She's very cool," he says. "She likes to party but is always very classy and has time for everybody. **Nicole** was celebrating the way anyone would who was single for the first time after a seven or eight-year relationship. She had a couple of kisses, as anyone in her situation might do. She is in a great place now and is really beginning to let her hair down and have some fun."

As soon as the R400-million jet – Joe rents it for a steal at R600 000 a time – touches down, Joe whizzes through security and is driven to Mykonos' most exclusive boutique hotel, Cavo Tagoo. Shown to his breathtaking R40 000-a-night suite with infinity pool and jacuzzi, Joe gets ready for cocktails at the hotel's Japanese fusion restaurant, where he indulges in the chef's tasting menu, R9 000 bottles of Cristal and R1 000-a-pop truffle canapés.

"On my birthday in Miami I racked up a R1-million bar bill which, I guess, was a bit excessive. And a few years ago I flew all my old school friends over to St Lucia for a month-long holiday. Looking back, that was slightly mad," he says.

One of these old friends is, bizarrely, double Olympic champion **Mo Farah**.

While on paper the pair do not appear obvious buddies, they remain extremely close. In fact, as Joe is out on a speedboat, **Mo** calls from Monaco to discuss a flying visit.

And the tycoon was actually with **Mo** on the day the doping allegations against his coach Alberto Salazar came out.

Not surprisingly, Joe is quick to leap to his friend's defence.

"I've known **Mo** since we were 11," he says. "Even then he was smashing everyone, lapping them, in the county sports. It's not as if he has gone from rubbish to amazing all of a sudden. "**Mo**'s body has never changed shape. He's

always been skinny, although at 14 he was sporting a bit of a dodgy afro and a weird little goatee! He's such a religious person and loves his family so much there's no way he would ever cross that moral ground or step into dark things."

Of course, being a hardworking, hard-living businessman – he sleeps an average of four hours a night – Joe is also fairly, well, hard-nosed.

Take, for his example, his clubs' door policy. He says, with no irony, "Obviously I am not on the door myself, vetting people. The idea is to attract the top five percent of the world's jetset to Bonbonniere, so that means socialites, royals, real high-end movers and shakers. My staff know the image I want to cultivate. But the whole point is to make everyone feel good whether they get let in or not. So if someone aesthetically unsuitable shows up we obviously wouldn't let them in but we would always turn them down politely. I frequently remind my staff that that person is always someone's sister/brother, daughter/son, friend and they are always considerate."

While this may all make him sound like a right royal chop, Joe is actually a decent guy.

He has created a foundation to give underprivileged athletic youngsters the opportunity to get scouted by top sporting clubs. Once signed, they must give back 20 percent of all wages into keeping the scheme running.

He cites as his heroes **Richard Branson** and uber-wealthy Hublot tycoon Rick De La Croix.

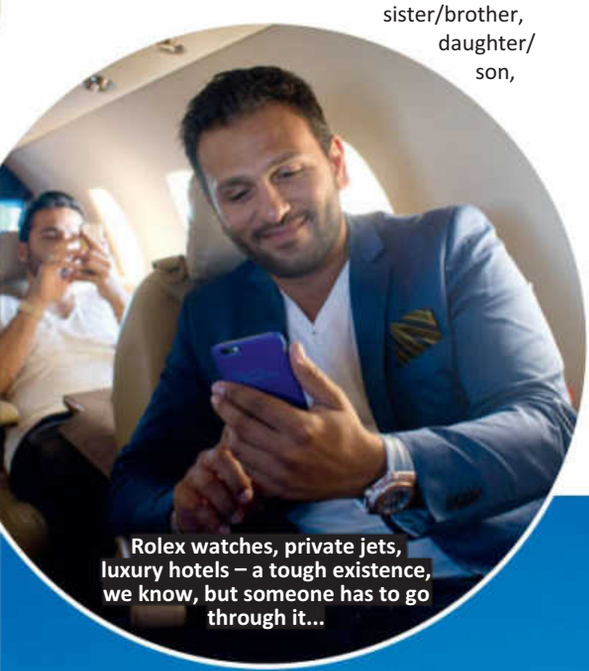
And, like the Virgin boss, he is determined one day to buy his own space shuttle.

He may be slightly eccentric, but Joe is no fool and he doesn't suffer fools gladly.

He recalls, "I split up with a girl once on really bad terms and that night the actor **Jamie Foxx** came into my club. He knew about my situation and knew I was pretty cut up. He went over to the DJ box, took over and played **Kanye West**'s *Gold Digger*. After that experience I'm a lot more guarded with women. I won't spend a cent on a girl for the first six months so that I know it's me she really likes."

For semi-pro boxer Joe, coached by legendary trainer Dino Spencer, the summer has only just begun. He is, however, philosophical about success. "I know I'm very lucky but I work very hard. I also know that if I lost everything tomorrow it would be okay because I would get to go back to where I started and just be with my friends again," he says, adding, "Having said that, I'm not retiring until I own my space ship."

Of course he's not.



Rolex watches, private jets, luxury hotels – a tough existence, we know, but someone has to go through it...

Joe rents a private jet at a piffling R600 000

Horoscope Virgo

August 24 – September 22

BY WILLIAM SMITH

ARIES: Mar 21 – Apr 20

Your Week: The onus is on you to cultivate a positive personal philosophy. The right attitude and values plus spiritual faith will keep you on a winning track.
Your current project will pan out well if you devote yourself wholeheartedly to it.
Taken: Find out what your partner really desires and be sure to cater to those whims.
Single: Luck is on your side. You can make a great love match if you desire it.
Power Days: Tuesday & Wednesday (bold gambits)
Lucky Numbers: 1, 8, 10, 22, 37, 42

TAURUS: Apr 21 – May 20

Your Week: Your prestige rates high in certain quarters, attracting substantial support.
You may now get an opportunity for which you have been working and waiting, and a chance to launch a product or service which could lead to permanent benefits.
Taken: A well-chosen gift for your lover should ease tension and boost harmony.
Single: This is a splendid time to socialise and attract love if you are lonely.
Power Days: Wednesday & Thursday (re-organising)
Lucky Numbers: 4, 14, 16, 29, 34, 45

GEMINI: May 21 – Jun 21

Your Week: This is a time to remember friends who have moved out of your immediate orbit, and to initiate contact which concludes an overdue get-together.
Alternatively, you can now successfully cultivate new acquaintances if you prefer to look ahead.
Taken: Do everything possible to make this a truly rewarding romantic phase.
Single: You have fine options and should fare very well in matters of the heart.
Power Days: Tuesday & Wednesday (new connections)
Lucky Numbers: 5, 9, 18, 26, 36, 40

CANCER: Jun 22 – Jul 23

Your Week: Make time for communication with the spiritual force, no matter how demanding your schedule may be.
Only by participating regularly in the deeper life will you manage to survive the stresses of the outer life and make decent headway.
Taken: Let amour move at its own pace. It will work out satisfactorily for both.
Single: Social life is exciting. You will encounter someone new and attractive.
Power Days: Wednesday & Thursday (private issues)
Lucky Numbers: 3, 6, 17, 28, 35, 46

LEO: Jul 24 – Aug 23

Your Week: You can now improve your personal standing by going for bold gambits.
You may not manage to realise all of your goals but this is a significant session for making your existence considerably more fulfilling than it has recently been.
Taken: Rekindle your partnership by treating your darling to a romantic night out.
Single: Social activities are inviting. New happenings will keep you contented.
Power Days: Tuesday & Wednesday (self-projection)
Lucky Numbers: 7, 9, 16, 27, 37, 47

VIRGO: Aug 24 – Sep 22

Your Week: Supposing you need extra money for a plan you have in mind, you might find it quite easy to approach your family or friends, or a bank if you prefer, for a loan.
However, first have your idea checked out to ensure that it is feasible.
Taken: Your relationship will generally prosper. Your mate is now more understanding.
Single: This is a splendid time to socialise – and to find the romance you so desire.
Power Days: Wednesday & Thursday (financial aims)
Lucky Numbers: 9, 11, 20, 30, 41, 48

LIBRA: Sep 23 – Oct 22

Your Week: In this enlightening period you can gain information that enables you to stage a vital breakthrough in your dealings with a difficult person.
Interviews and meetings should go much to your liking. This is a time to forge some new connections.
Taken: Be a lot more romantic and ask for special favours. You will receive them.
Single: This could be an eventful ambit. New love or renewed love is possible.
Power Days: Tuesday & Wednesday (vital discussions)
Lucky Numbers: 1, 5, 13, 21, 28, 38

SCORPIO: Oct 23 – Nov 22

Your Week: Stay in tune with developments in your surroundings by communicating regularly with your family, friends and neighbours.
Get involved in community projects since it is your duty to make a worthy contribution to the collective welfare.
Taken: Self-expression becomes easier. You can now truly express your feelings.
Single: Romance hits a high note. Circulate if you want to attract some admirers.
Power Days: Wednesday & Thursday (family matters)
Lucky Numbers: 3, 7, 12, 22, 31, 43

SAGITTARIUS: Nov 23 – Dec 21

Your Week: The activities that you enjoy most at this time definitely do not include any work.
A friendly phase suits your sociable mood, and introductions and invitations will result in some fruitful friendships and interesting developments.
Taken: A sensuous and passionate session awaits you – so enjoy every moment of it.
Single: Social life satisfies. Time to look out for a new soul mate if you are lonesome.
Power Days: Tuesday & Wednesday (romantic moves)
Lucky Numbers: 2, 10, 15, 24, 33, 39

CAPRICORN: Dec 22 – Jan 20

Your Week: A lively period in your working environment turns up several interesting possibilities.
The important thing is to grasp the one that offers the best option for making your name, showing off your skills, and raising your earnings.
Taken: Be gracious and thankful when you get a second chance to right a wrong.
Single: You should have delightful exchanges with the opposite sex at this time.
Power Days: Wednesday & Thursday (career plans)
Lucky Numbers: 4, 11, 23, 25, 39, 44

AQUARIUS: Jan 21 – Feb 19

Your Week: This is a splendid term for sharing social activities with your favourite companions – also with your co-workers if it serves to boost your popularity in the employment sphere. Make certain you are blending with inspiring and zestful people.
Taken: Give in on certain points in order to please and satisfy your sweetheart.
Single: Useful friends prove their worth, and could do some really good match-making.
Power Days: Tuesday & Wednesday (collaboration)
Lucky Numbers: 2, 4, 16, 21, 32, 36

PISCES: Feb 20 – Mar 20

Your Week: You have no inkling of how high you can ascend up the ladder of success until you give it a full go.
Supposing you have made the mistake of relaxing overly long on a rung that is well below your potential level, start climbing again.
Taken: Let your love come shining through. Cast out all jealousy and anxiety.
Single: Get out and about. Enjoy socialising with friends who like to have fun.
Power Days: Wednesday & Thursday (fresh ideas)
Lucky Numbers: 6, 8, 18, 29, 33, 49

ASTRO PROFILE

WHAT THE STARS SAY ABOUT...

PIC: GREATSTOCK

ADAM SANDLER

SEPTEMBER 9, 1966

ADAM RICHARD SANDLER is an American comedian, actor, musician, screenwriter and film producer. He was a popular member of the *Saturday Night Live* cast before going on to star in big budget Hollywood films. Although best known for his comedic roles in films like *Billy Madison* and *Big Daddy*, he has also tasted success in dramatic and romantic roles such as *Punch-Drunk Love* and *Spanglish*. **Adam** is a Sun Virgo with the Moon in Cancer and Mars in Leo, implying that he is a perfectionist with very fine feelings and powerful creative instincts. With Uranus conjoining the Sun, he obviously has unique ideas and skills. Jupiter in Cancer imbues him with a keen business instinct and the ability to create his own financial security. Venus in Virgo denotes an idealistic love nature. Saturn in Pisces shows that he is willing to make sacrifices in order to achieve success. Mercury in Virgo favours him with good speaking skills as well as literary talent. All things considered, he is an extremely competent all-rounder in the games of life and films.

TECH lovers – make sure you get your hands on these latest gadgets and be the envy of your friends.

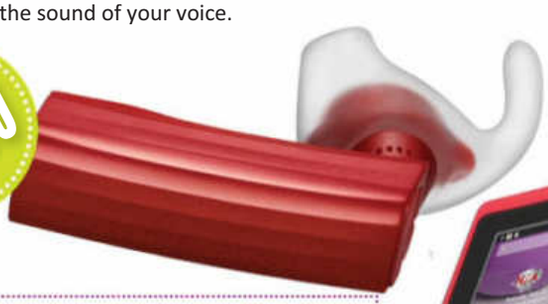
Cool Stuff

BY LETITIA HEROLD

Jawbone Era
KNR Flatrock

CONVERSTATIONS demand clarity, and the Jawbone Era delivers just that! Wherever you are, whatever you're doing, your every word should be crisp, clear, and coherent. With the military-grade NoiseAssassin background noise eliminating technology of this revolutionary Bluetooth device, even if you're in a crowd, the only thing people will hear on the other end is the sound of your voice.

R1 100



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FEATURING Bluetooth, dual camera and Google Play Store pre-installed, this tablet is designed to give you the best user experience. Browse websites with built in Wi-Fi and simply plug in your portable keyboard and mouse to use it as a computer!

R1 679

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Pylones

THESE cute covers will add more style to your iPhone 6. Available in a variety of designs, the only problem is: which one do you choose?

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PICS: GREATSTOCK

ALCATEL ONETOUCH Tips:

HOW to give your battery a longer life.

- Lower the brightness of your screen to 50 percent or less.
- Adjust the screen timeout to ensure it kicks in within 15 seconds or less. This will help keep your battery alive for longer.
- Turn on 'battery saving' mode. This limits vibrations and switches off most background data updates.

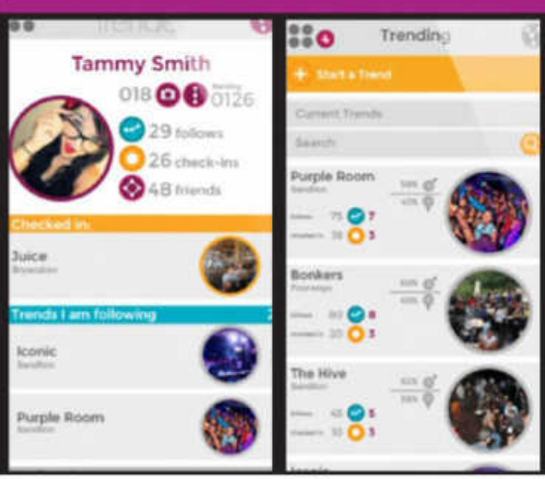
Hover With Lexus

CAR manufacturer Lexus has recently unveiled SLIDE, a hoverboard which is part of Lexus' Amazing In Motion publicity campaign featuring cool and unique engineering projects. Rumour has it the company has no plans to actually sell the board to the public, but we hope they reconsider!

Apps We Love

Trender: Free Google Play

TRENDER has been nominated for the MTN Business App of the Year 2015 Consumer Choice Awards. It's a location-based app that shows what places are trending, as well as where friends are meeting. Socialites can browse trends by category including nightlife, bars and restaurants. Trender lets users see what their friends and other people are doing in real-time and allows them to see what photos their friends have been taking.



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'I Didn't Choose To Be Skinny'

THIS reader tells of her difficulty in accepting her weight.

TOLD BY ANONYMOUS / EDITED BY EUGENIA BOOI

"I AM a 19-year-old skinny girl. Because of my build, my confidence and self esteem were destroyed from birth, and I grew up viewing myself as inferior, thinking there was a problem with me.

My mom used to dress me and my younger sister in the same clothes, which prompted people to start comparing us, giving my little sister compliments and ignoring me completely. It's damaged me emotionally.

I'm in varsity now, and people ask why I don't eat – but I do! I just don't know where the food goes. I hate it when varsity closes for holidays – the thought of going home is painful. I don't want to face my family. The issue is always made that much worse. I don't understand why God made me look so skinny. I'm trying so hard to embrace and accept my body, I can't help but cry. And I get some many differing reactions to my weight that it makes my head spin. I don't know what to think or feel, or how to act. There are some who try to convince me to try to look like my little sister, talking as though I have some sort of disease. Then there are others who approach me tell me to try modelling, saying my bone structure is perfect for it. I suppose at least that's something positive. Recently a modelling agency approached me in Pretoria, and I've met girls who are my size and know how to dress well, and I'm learning from them a thing or two about my body and how to ignore the opinions of others. I need to be able to be comfortable in my own skin, and to focus only on what I believe in."

'People ask why I don't eat – but I do! I just don't know where the food goes.'

'The Favourite Child'

THIS young reader shares how she has to deal with the aftermath of being abused by her father.

"NOTHING will ever be the same again. I hate my father. I was the favourite of his children and his only daughter. No one knew what was going on behind closed doors, not even my mother.

We all dream of our first time being with someone we love. How precious, special and breathtaking it will be. I was only 15 years old when I lost my virginity – to my father. When I was growing up life was just average until my father had some extra money. But it wasn't really enough, and sometimes we would go to sleep in a large house without any food.

Eventually may father would go on to marry another woman who was half his age. That put me into such a depression; I didn't want to go anywhere or do anything. I just stayed in the house. Most times I was alone. But sometimes my dad was there too...

One day he called me to his bedroom, and when I walked in he was naked. He promised me that if I let him touch me I would get anything I wanted. At that time all I wanted was my family to be together again. That's when it happened. My biological father took my virginity.

Now I'm at a stage where I should want to go out and have fun. But nothing is fun anymore. Everywhere I go, every man I see looks like my dad.

Sometimes I'm mean to my siblings without any reason because I see my father in them.

He's threatened me that if he ever comes home and I'm not there, or if hears my siblings say that I've been out, he will stop providing for us. I will never forgive myself if I have to see my family suffering because of me.

Now that I have grown up my father books hotel rooms for us and tells people who don't know me that I'm just a girl who likes sugar daddies.

I'm hurt, embarrassed and now I'm pregnant with his twins. He said I should tell my mom that I was raped. That part, at any rate, is true."

'Everywhere I go, every man I see looks like my dad.'

HAVE YOU SEEN THEM?

THE largest number of missing children worldwide are runaways, then family abductions, being lost or injured, and non-family abductions.

DEON OLIVIER
Disappeared: September 17, 2007
Age: 55
Deon left home in Mount Road and has been missing ever since.

ISMAIL HENDRICKS
Disappeared: November 2012
Age: 60-65
Ismail left home in Mount Road and has been missing ever since.

NTSUNDUKAZI GLENDA NDUNA
Disappeared: 2000
Age: 63
Ntsundukazi left home in Mount Road and has been missing ever since.

NORA JOE
Disappeared: 2001
Age: 72
Nora left home in Mount Road and has been missing ever since.

DAVID JAPHTA
Disappeared: December 18, 2014
Age: 75
David left home in Mount Road and has been missing ever since.

HELPLINES

POWA: Telephone: (011) 642-4345/6
E-mail: info@powa.co.za
Web: www.powa.co.za
Rape Crisis (021) 447-1467
E-mail: info@rapecrisis.org.za
Web: www.rapecrisis.org.za
Lifeline (011) 715-2000 / 0800 012 322
Childline 082 233 2333 or 0800 055 555
SAPS Family Violence, Child Protection And Sexual Offences Unit (FCS) (011) 403-3413
Teddy Bear Clinic (011) 481-5161
Aids Helpline 0800 012 322, or (011) 880-0405
Web: www.aidsinfo.co.za
Anorexia and Bulimia Family Support Group (011) 640-1965
Web: www.edsupport.co.za
Cancercare Centre (011) 646-5628
SA Depression & Anxiety Support Group (SADAG) (011) 783-1474 or (011) 884-1797
Alcoholics Anonymous South Africa (011) 452-9907
SANCA (011) 482-1070
Gamblers Anonymous 0800 006 008

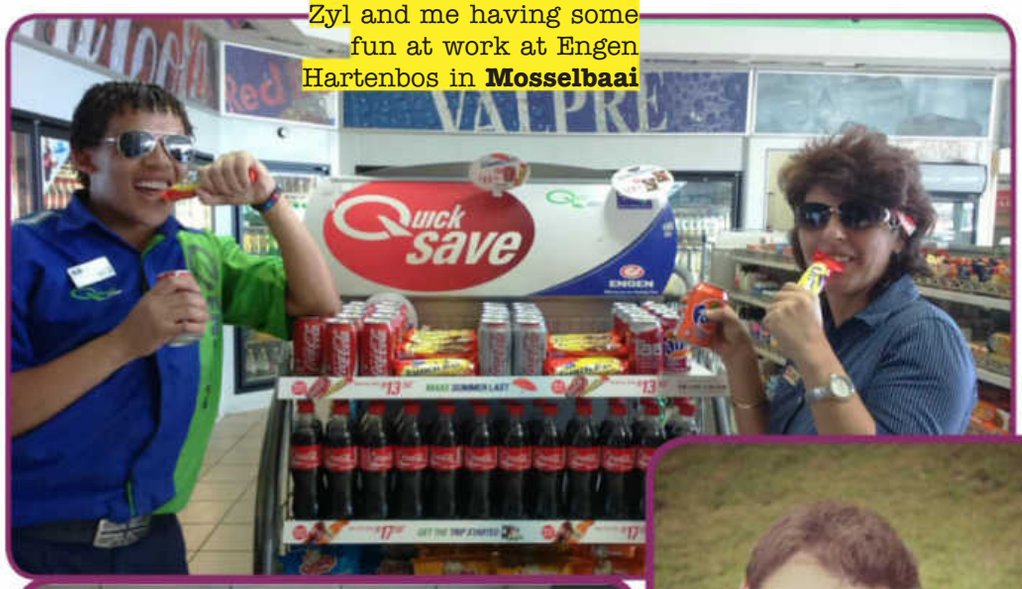
IF you think you've seen any of these people, or would like to report a missing person, contact the Bureau For Missing People on (012) 393-2005, or fax (012) 393-2012. Missing people can contact the bureau to let them know they're alive and well – even if they don't want to get in touch with family.

IN South Africa alone, almost 1 000 children are reported missing every year. The actual figure is probably much higher. Currently the police have an 82 percent success rate finding the children. Ideally they'd like to achieve a 100 percent success rate. But they need your help! Have you seen any of these people?

facebook.com/peoplemagsa

Dear people

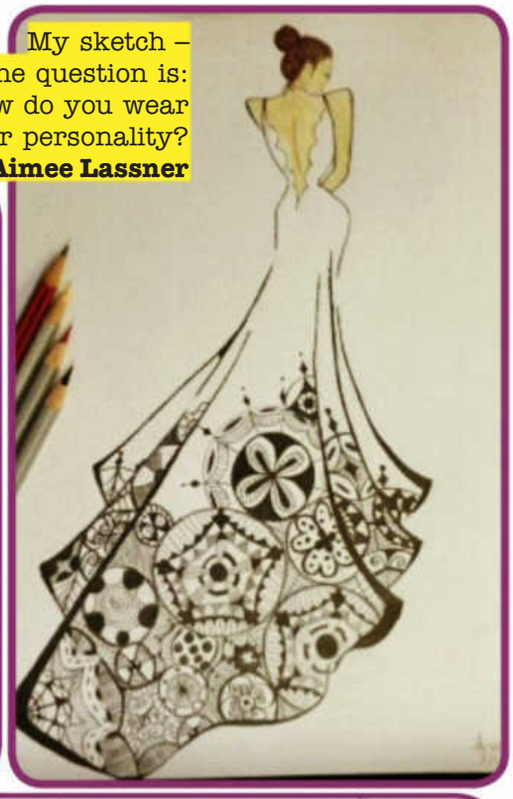
HI everybody! Send only one pic to dearpeople@caxton.co.za with your name and a caption, and put the photo category in the subject line. If your pic doesn't appear on our Dear **people** page, go to the Dear **people** gallery on our website (www.**people**magazine.co.za) where you can upload your own photos!



My manager Elize van Zyl and me having some fun at work at Engen Hartenbos in **Mosselbaai**

"I swear it attacked me first!" **Shelley**

My husband Winston and our dog Rex playing in the garden. **Teneale**

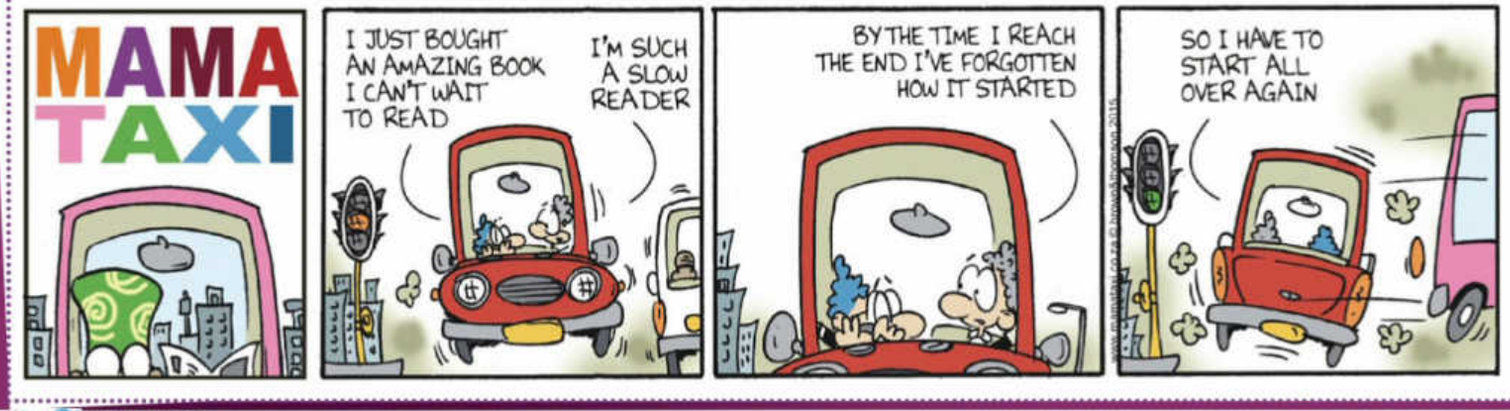


My sketch – The question is: how do you wear your personality? **Aimee Lassner**

Mommy's beautiful little princess. **Anon**

Me and my partner on our wedding day. I love you so much! **Lee-anne**

See more pictures, or upload your own on www.peoplemagazine.co.za



Did You Know?

BY WARREN ROBERTSON

INTERESTING facts about the world we live in.

✻ **CHRISTINA APPLEGATE** attended the 1989 MTV Movie Awards with **Brad Pitt**, but dumped him at the event and left with someone else.

✻ SOME studies claim your taste in music can show how smart or dumb you are.

✻ UNTIL 1913, children in America could legally be sent by parcel post.

✻ RICE paper does not have any rice in it.

✻ A GROUP of turkeys is called a 'rafter' or a 'flock'.

✻ IN ENGLAND, in the 1880s, 'pants' was considered a dirty word.

✻ LIECHTENSTEIN, the world's sixth smallest country, is the largest exporter of false teeth.

✻ THE sun's core is so hot that a piece of it the size of a pinhead would give off enough heat to kill a person 160km away.

✻ SPIKED dog collars were invented in ancient Greece and were originally designed to protect dogs' throats from wolf attacks.

✻ TOOTHPICKS are the objects most often choked on by Americans.

✻ **TIGER WOODS** stuttered as a child and used to talk to his dog until he fell asleep in an effort to get rid of it.

✻ VULTURES urinate on their legs and feet to help cool off on hot days, and their urine also helps kill off bacteria from carcasses.

✻ THE word 'spa' comes from Spa, Belgium, a city known for its healing mineral springs.

✻ THE construction of the Great Wall of China took over two thousand years.

✻ NEW ZEALAND has an official wizard.

'MY DAUGHT SU

Georgina and her daughter Kayla dream of looking like their idol, Katy Price

SINCE the age of 17, Kayla has been paying for her and her mother's cosmetic surgery with the help of sugar daddies and stripping.

MOST mothers and their 10-year-old daughters can be found playing in the park or watching a children's film together. But when Kayla Morris was ten-years-old, she and her mom Georgina Clarke were planning their future boob jobs together.

Still in primary school, Kayla decided that she would do anything necessary to make sure that she and her beloved mom could look more like their idol, **Katie Price**.

In the last three years, Kayla, 20, has forked out in excess of a whopping R1.3-million on plastic surgery for herself and her mom.

And controversially since the age of 17, Kayla has been paying for their cosmetic treatments with the help of sugar daddies and stripping work.

Her mom, Georgina, 38, says she is more than happy to let her daughter pursue this lifestyle to fund their plastic surgery addiction.

"When Kayla told me that she wanted plastic surgery I was glad because I wanted her to be that kind of person. I'm so lucky to have a daughter like Kayla. I don't mind her having a sugar daddy or stripping to pay for our cosmetic work because we're living the dream. I'm really proud of her."

Says Kayla, "Plastic surgery is a way of bonding for us. We want to have bigger boobs, bigger bums and look even more like Barbies."

Georgina – who is also mother to three other children between the ages of six and 19 – says, "I had four kids to look after so I was just focused on being a normal mom. I didn't care about my looks. Being a mother came first and I didn't bother with my appearance."

But when Georgina saw a photo of **Katie Price**, her life changed forever.

Georgina says, "I instantly liked her. She just stood out. I loved her look – she was just perfect. Everything about her appealed to me. I thought maybe I could be glamorous too.

Growing up, Kayla – who is Georgina's eldest daughter – was a tomboy who showed no interest in her appearance either. But when she started watching **Katie Price**'s show with her mom, everything changed for her too.

Kayla says, "When I was about 10 years old I started watching **Jordan**'s television series with my mom and I became obsessed with her too. We used to wait all week until her show was on. Then we would chat about **Katie Price** and her life for hours afterwards. We read all of **Katie Price**'s books too and bought tickets to see her at the Birmingham Clothes show. Mom even got the same pink ribbon ankle tattoo as her."

Kayla goes on to say, "One day when we were watching **Katie Price**'s show, I turned to my mom and told her that I wanted a boob job as soon as I was 18 years old. Mom was happy for me and admitted that she wanted breast augmentation too!"

From then on, Kayla and Georgina would get joint beauty treatments and dream about having plastic surgery together.

"I started giving pocket money to Kayla every so often so she could get her nails and fake eyelashes done. For her 14th birthday, I surprised her with hair extensions. She was thrilled," Georgina admits.

"I also started learning about other cosmetic treatments. I'd talk to my mom about how I wanted veneers, a nose job and lip injections. We wanted to get it done together. She was so supportive!" says, Kayla, adding, "I just knew that I would get the money to

Georgina before

ER STRIPS FOR RGERY!'

fund our surgery through any means necessary. And I wanted my boob job as soon as possible."

Desperate to get cosmetic surgery, Kayla left university at the age of 17.

She explains, "Varsity was not making that ambition happen for me fast enough. So I got a job as a stripper at a local lapdancing club. I didn't bother exploring any other job options because this was the path which would allow me to fund a boob job as quickly as possible. Soon I was making up to R26 400 per week from stripping and I started saving up for plastic surgery for me and my mom."

A few months before she turned 18, Kayla's dreams came even closer to reality when she met a 'sugar daddy'.

"One night when I was working at the strip club, I started talking to a married guy in his late 50s who wanted to be my sugar daddy and pay for my upkeep. We swapped numbers and chatted a while. I told him about the surgery that I wanted and we came to an arrangement where he paid me R16 000 per week.

I was thrilled although I was scared to tell my mom about my sugar daddy. But when I told her about him and explained how the money would go towards our cosmetic work, she was pleased for me."

Georgina says, "I was a little bit worried at first but I trust her, she has her head screwed on. I knew it made Kayla happy and she insisted we use it to get plastic surgery together. Kayla is so generous."

And the first purchase that Kayla made with her sugar daddy funds were Botox and lip fillers for herself and Georgina. Kayla also paid for her and Georgina to get their hair regularly dyed, to take them from brunette to peroxide blonde.

"I get so excited when I go to the clinic now. Plastic surgery is definitely addictive. Kayla enabled me to become the Barbie that I'd been hiding inside of me all these years," says Georgina.

In February 2013, Kayla's wish was granted when she underwent a R100 000 boob job to take her from an already ample 32E to a 32G.

In the years since Kayla's breast augmentation, the duo have had a further 15 rounds of 1.5ml lip injections so they can emulate **Katie Price**'s luscious lips. Georgina has also had three sets of cheek fillers and over 18 Botox sessions.

The long list of surgeries that the pair has planned include butt implants, further lip injections as well as a vaginoplasty for Georgina and a nose job for Kayla. They're also booking breast augmentations for later this year, which will take Kayla to an H cup and Georgina to a G cup.

Georgina says, "Kayla and I are a double act, we do everything together and that includes plastic surgery."

Kayla before

Kayla's And Georgina's Plastic Surgery Costs (Sums based on Kayla's turning 17 in 2011)

Kayla's boob job (at age 18, from 32C to 32G) – R100 000
Kayla's lip injections – R36 000
Kayla's sunbeds – R210 000
Kayla's hair extensions – R127 000
Kayla's hair roots – R58 200
Kayla's other hair salon treatments – R78 800
Kayla's nails – R58 200
Kayla's teeth whitening (done once three months ago) – R4 000
Kayla's semi-permanent make-up (eyebrows) – R6 000
Georgina's lip injections (1.5ml seven times in the last three years) – R42 000
Georgina's cheek fillers – R45 500
Georgina's Botox (six times in three different areas – crow's feet, underneath eyes and general face) – R36 400
Georgina's semi-permanent make-up (eyebrows) – R6 000
Georgina's sunbeds (five times per week since Kayla was 17) – R210 000
Georgina's hair roots (every month since Kayla was 17) – R58 200
Georgina's teeth whitening – R4 000
Georgina's nails – R58 200
GRAND TOTAL – R1 138 500

Mnandi News

BY JACQUI THOMPSON

SPREADING FEEL-GOOD NEWS

WANT to say thank you? Got something positive to say about someone? Has a stranger done a good deed for you? Have you received outstanding service from a place or a person? We want to know about it. No kind deed should go unacknowledged. E-mail mnandinews@gmail.com or sms the word 'Mnandi' to 48408. Keep your message to about 50 words and include your name or pseudonym and area.

I TRACED the owner of a Samsung 6 Edge that was left in a public toilet last month. The surprise of the owner for getting her phone back was reward enough. Her words were, "Who gives a new smart phone back?" It's sad that that is the story of our lives.
***Suzette van Zyl**, Gauteng*

MANY thanks to the family that saw us drive off from the petrol station on the N1 with our jacket on the roof. They picked it up and drove after us and returned it. It is nice to know there are still honest people in the world.
***Tess** and **Martin**, Radiokop*

THANK YOU to RBA Homes for giving a homeless man a job. Bernard Selabe sold *Homeless Talk* newspapers and was desperate for work. Daniel Esterhuyse from RBA gave him a job after reading his story. I think this is such a good news story.
***Ms J Rose**, Mulbarton*

THANK YOU to all my patient and long-suffering friends and family who always help with my children's school projects. You never turn me down when I'm asking for scraps of tinfoil, empty toilet and paper roll holders, buttons and so many things needed to complete school projects. I have six children; three adopted and three biological and the needs are many!
***Fiona & Joy**, Cape Town*

MY son and daughter were at a concert and his cellphone was stolen so they could not call to arrange the pick-up point. A young couple not much older than them stayed with them after calling us. I was surprised and pleased to experience such trustworthiness and responsibility from teenagers. I guess I must learn to not judge them all the same!
***Mom**, Milnerton*

BY VANEESA PAPAS

AND THEN HE SNAPPED...

A DOUBLE murder by a former TV station employee on live television has highlighted the plight of untreated mental illnesses in the workplace.

TWO dead; one critically injured; a life taken by his own hand – Vester Lee Flanagan will be known in history as the killer who gunned down his former co-workers in cold blood on live television.

Two years ago Vester Lee Flanagan – a 41-year-old reporter – was fired from his job after just 10 months of employment. His position at TV station WDBJ in Virginia, United States, was terminated for various reasons, says the then-news director Dan Dennison. Vester didn't get along with his co-workers, he was rude and abrupt, he was racially discriminating and, most of all, his work performance wasn't up to scratch. He'd been told by management to seek medical help for his unprovoked outbursts and fits of rage, but had refused.

In February 2013 everyone had had enough of Vester's insubordinate behaviour. Just moments after he was sacked he exploded with anger, refused to leave the premises and had to be forcefully removed by security. The last interaction he had with his boss was the exchange of an eerie gift – a small wooden cross. Vester warned his superior, saying, "You'll need this." He soon filed for 'unlawful termination' but the case was dismissed in 2014. It's not known whether Vester's decision to take lives had been planned for several months or several hours. What is known is that on Wednesday, August 26, he shot Alison Parker, a 24-year-old reporter, and former colleague Adam Ward, a 27-year-old cameraman during a live television broadcast. At the time the pair were interviewing Vicki Gardner – head of the Smith Mountain Lake Regional Chamber of Commerce – to mark the 50th anniversary of the man-made Smith Mountain Lake. Vicki, 61, was struck in the back but survived. Tragically Alison and Adam did not.

Growing up, Alison had always wanted to be a journalist and was particularly passionate about reporting on the area's chamber of commerce. She began her career covering news stories and producing content for a local TV station website before working at WDBJ. She'd just celebrated her 24th birthday and moved in with her boyfriend, Chris Hurst – an anchor for WDBJ7's evening programming. Alison was very close to her family, in particular her dad Andy. Every morning she'd call her dad just to 'check in'. On the day of the shooting Andy knew something was amiss when Alison didn't call.

Vester Lee Flanagan had been an irascible, unstable reporter

Adam Ward, 27, was a cameraman for WDBJ7 and had a degree in Communication and Media studies. His colleagues described him as 'vivacious and funny', a lover of sport and the sort of person you never saw without a smile. On the day of his death Adam had two job interviews lined up that afternoon. He was planning on moving closer to where his bride-to-be Melissa Ott had also recently found a job. He and Melissa had met at the station (she works at WDBJ7 as the morning show producer)

PANMEDIA / AAI FOTOIMAGE / GREATSTOCK / INPRA

and were planning a beachfront wedding for next year. Tragically, Melissa witnessed the shooting as it unfolded live on the air.

After the shooting, Vester fled the scene. Police began pursuing him on a highway. He drove through a stop street and crashed. Officials found him with a self-inflicted gunshot wound to the head. He'd left a 22-page suicide note in which he expresses his admiration for the Columbine High School killers, spoke of how he had killed two of his cats and went on an unintelligible racially charged rant about politics. While not much is known about Vester's early life, he had a turbulent work history since 1999 and had been fired from various companies for poor performance, misbehaviour toward colleagues, the use of profanity and 'chronic bizarre behaviour'. Experts believe Vester likely suffered from untreated bipolar disorder, which could be to blame for his unprovoked outburst of anger and his extreme highs and lows in the workplace.

"Bipolar disorder is an illness marked by extreme changes in mood, energy and behaviour. That's why doctors classify it as a 'mood disorder'," says Meryl de Costa of the South African Depression and Anxiety Group (SADAG). "The illness involves episodes of serious mania and depression. The person's mood usually swings from overly 'high' and irritable to sad and hopeless, and then back again, with periods of normal mood in between. The exact cause of bipolar disorder is not known, but it is believed to be a combination of biochemical, genetic and psychological factors. Research has shown that this disorder is associated with a chemical imbalance in the brain. People who are genetically susceptible may have a faulty 'switch-off' point – emotional excitement may keep escalating into mania: Setbacks may worsen into profound depression. Sometimes a stressful life event such as the loss of a job, marital difficulties, or a death in the family may trigger an episode of mania or depression. At other times, episodes occur for no apparent reason. Research is still needed to identify more clearly the causes of manic depression and to find better ways of treating it. The earlier treatment is started, the more effective it may be in preventing future episodes."

Vester is not the first employee to take lives in the workplace. During a deadly rampage on August 20, 1986, that lasted less than 15 minutes, postal worker Patrick Sherrill shot 20 of his co-workers, killing 14 of them, before committing suicide. Staff described Patrick as an 'erratic, irritable worker'.

On July 8, 2003, Douglas Williams, 48, an assembly line worker, shot 14 of his co-workers, killing six of them, before committing suicide. According to his colleagues, Williams gave no indications that anything was wrong on the morning of the shooting.

On the morning of December 26, 2000, following an office meeting, Michael McDermott, an application support employee, fired off a total of 37 rounds with an AK-47, shooting his co-workers in the back of the head repeatedly. He was found guilty and sentenced to seven consecutive life sentences without the possibility of parole.

In South Africa, police constable L.S. Hasebeng, who worked at the prison complex in Goedemoed, Orange Free State, killed eight of his colleagues and their family members, and wounded four others, before committing suicide on August 25, 1992. Victims included two police assistants, a constable, a commander, and a four-year-old girl.

According to Dr Ali Hamdulay, a postgraduate lecturer in Health Technology Assessment, a proactive approach for managing mental illness in the workplace is essential, with an increased focus on proactively addressing the mental and emotional health of employees being needed in both medical schemes and employers'. "Statistics show less than 16 percent of sufferers receive treatment for mental illnesses. However, when mental health issues are addressed, many patients report improvements in their physical health. With the World Health Organisation (WHO) predicting that depression will be the second highest cause of morbidity in the world by 2020, employers cannot afford to bury their heads in the sand and hope for the best," says Dr Hamdulay. "Like any chronic condition, mental illness can be managed successfully through disease management. Many companies have established specific programmes to manage depression, bipolar disorder, post-traumatic stress disorder and substance abuse amongst employees and medical scheme beneficiaries. Some companies have also established Employee Assistance Programmes (EAPs) to support employees dealing with issues that impact on mental health."

Get Help: **IF you or someone you know have symptoms of anxiety, depression or bipolar disorder, a visit to a general practitioner can help you determine if the symptoms are due to a mental illness or some other medical condition, or both. For more details contact a SADAG counsellor between 08h00 to 20h00, Monday to Sunday, on (011) 234-4837, or the 24-hour helpline at 0800 12 13 14.**

Verdict

BY WALTON GOLIGHTLY

DEATH AT A BAKERY

THE glass dish shattered, cutting Jimmy's neck.

ON May 10, 2008, Jimmy Mizen, 16, set off to buy his first lottery ticket with his brother Harry, 18, to celebrate his birthday the previous day. The two boys only went to the Three Cooks Bakery in south-east London on the spur of the moment so Harry could buy a sausage roll.

In the shop was Jake Fahri, 19, a convicted burglar with a record of violent attacks against fellow pupils. Angry that the shop had run out of chicken sandwiches, he turned and barged past the brothers on his way to the cake counter. Jimmy, who was always polite despite his height, stood his ground. "Jimmy was a bit shocked at the attitude of the man," Harry Mizen later told the court. "He basically said, 'Say please and I will move out of the way.' Jake became very aggressive and stood right in Jimmy's face. I stepped in because Jimmy is my brother. I said, 'There's no need for any trouble...'" But Fahri said he was going to wait for the brothers outside of the shop 'because he was going to give them a slap'. He left the shop, but returned when Harry used his phone to call their big brother Tommy, 26. Perhaps Fahri thought Harry was calling the police.

Whatever the case, Fahri attacked the pair with two plastic cool drink bottles. The Mizen brothers fought back, pushing him into the cake counter and then bundling him out of the shop. As they tried to hold the front doors shut, Fahri grabbed the bakery's advertising sign and used it as a battering ram. Passing motorists stopped to watch in disbelief as the teenager kicked the glass in and forced his back way inside.

Jimmy and his brother retreated behind the staff counter and tried to grab the sign to stop themselves being hit. Fahri then hurled a glass dish at Jimmy's head with both hands. It hit the schoolboy's jaw. "I just turned round and saw blood flying, lots of blood," recalled Harry. Bakery manager Lesley Crocker described it as a scene from a horror film.

The 1kg glass dish was 20 years old and had been weakened by constant use. Shards pierced Jimmy's neck, cutting the jugular vein and the carotid artery before slicing the fourth neck bone. Fahri was seen running from the scene with a 'big grin on his face', while Jimmy bled to death.

Fahri gave himself up to police three days later and broke down while being questioned, claiming he was 'sorry' for Jimmy's death. Later, in court, he said, "I didn't think the dish would hit him, especially in the face. I just flung it. It didn't even enter my mind that it would break. I saw it hit his face. I saw the glass break and a bit of red. I feel horrible...I didn't mean to do it."

But the police didn't believe his remorse was sincere. Fahri, said Prosecutor Crispin Aylett, 'acted out of an inflated sense of his own importance, a refusal to back down. He was the one raising the stakes, he was the one who was upping the ante'.

Fahri, whose record of violence at school and on the streets stretched back to the age of 11, was sentenced to life imprisonment with a minimum of 14 years behind bars.

Off The Track

BY VANESSA PAPAS

WE score up the hottest sporting gossip from around the world!

Tragedy Strikes Raceway

AT just 37, old IndyCar racer **Justin Wilson** died after suffering serious injuries in a horrific crash at Pocono Raceway. The British racer was struck in the head by a piece of debris and spent nearly 24 hours in a coma before passing away at a hospital in Pennsylvania. According to witnesses the broken parts and pieces covered **Wilson**'s car 'like a cloud', creating so much damage his race ended. In response to the tragedy, his family issued a statement calling him a 'loving father and devoted husband, as well as a highly competitive racing driver who was respected by his peers'. **Wilson** leaves behind his wife Julia and two daughters, Jane Louise, seven, and Jessica Lynne, five.

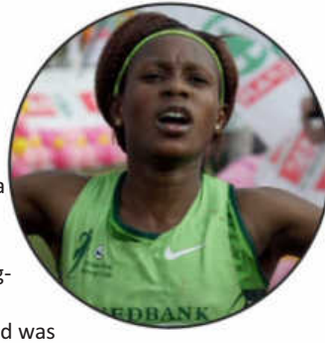
Sharapova Needs A Leg Up

SHE might be the World number three and five-time Grand Slam champion, but if **Maria Sharapova** keeps battling with a leg injury (which she originally called 'just a muscle strain') she's going to drop rank... fast. While not entirely unexpected, **Sharapova** withdrew from the US Open about 18 hours before the tournament was set to begin. The star took to Twitter to break the news, saying: "Unfortunately I will not be able to compete in this year's US Open. I have done everything possible to be ready but it was just not enough time. To all my amazing fans, I will be back in the Asian swing in a few weeks and look forward to finishing the year healthy and strong." It's the second time in three years that **Sharapova** has had to pull out of the Open due to injury, but only the fourth since making her major debut in 2003.

All Blacks Ready To Rumble

THE All Blacks squad to play at the Rugby World Cup 2015 will be captained by **Richie McCaw** and features 17 forwards and 14 backs with the following positional breakdown: Three hookers, five props, three locks, six loose forwards, three halfbacks, three first five-eighths, four midfielders and four outside backs. It will be a particularly exciting time for 17 of the All Blacks squad, who will be going to their first Rugby World Cup tournament. The squad features provincial representation from 11 of New Zealand's ITM Cup provinces and all five of New Zealand's Super Rugby clubs are represented. With 1 484 caps spread amongst the 31-man squad, it's a hugely experienced side, balanced with a number of newer All Blacks, with nine players having played fewer than 25 Tests. The side has an average age of 28. The All Blacks will assemble in Auckland for a three-day camp on September 7 before flying out to London on September 10.

Running To Victory



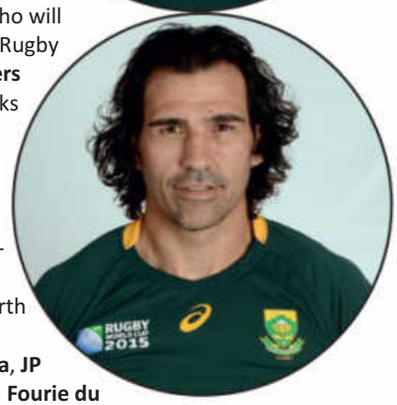
ZIMBABWE'S **Rutendo Nyahora** waited for the perfect time for her late surge and notched an impressive victory in the Pretoria SPAR Women's Challenge 10km race in Centurion. The 26-year-old **Nyahora** overtook the strong-starting **Phalula** twins, **Lebo** and **Lebogang**, at the 7.5km mark and was not challenged again as she cruised to the finish line in a time of 34 minutes, 54 seconds.

Terry Tees Off

CHELSEA footballer and England captain **John Terry** showed off his ball skills during a round of golf. **Terry** was one of a handful of celebs including **Shane Warne** and **Kevin Pietersen**, founder of The Kevin Pietersen Foundation (KPF), to attend the KPF charity golf day. The KPF Foundation is in its second year after being launched at the Grand Hyatt, Dubai, in 2014, and aims to support underprivileged children around the globe to have a better chance in sport and in life. **Terry**'s wife Toni didn't crack the nod and was no doubt babysitting the couple's eight-year-old twins, Georgie John and Summer Rose.

Boys Get Ready For A Showdown

WE were expecting **Heindrich Brussouw** and **Cobus Reinach** to make the team but they their names were left off the 31-man Springbok squad announced by Springbok coach **Heyneke Meyer**. There were a few surprises in the mix and then the obvious choices of who will travel to England for the Rugby World Cup. **Jean de Villiers** will captain the Springboks at the global rugby showpiece and **Victor Matfield** is vice-captain, with **Schalk Burger** providing captaincy back-up. **Matfield** and **Burger** will take part in their fourth Rugby World Cup, while **De Villiers**, **Bryan Habana**, **JP Pietersen**, **Ruan Pienaar**, **Fourie du Preez**, **Bismarck** and **Jannie du Plessis** will play in their third. Six players who featured in 2011 are back for their second tournament. Sixteen members of the 31-man squad, 12 of whom made their Test debut under **Meyer** since 2012, will have their first taste of Rugby World Cup action. One uncapped player was included, **Rudy Paige**, who was first selected to tour with the Springboks last November. Although a number of players currently recovering from injuries were selected, every player in the squad is expected to be fit for the Springboks' opening match of the Rugby World Cup on September 19 against Japan. **De Villiers** (fractured jaw), **Duane Vermeulen** (neck), **Jannie du Plessis** (knee), **Fourie du Preez** (knee), **Willie le Roux** (ankle), **Francois Louw** (shoulder) and **Coenie Oosthuizen** (neck) are all recovering from various injuries but are close to full match-fitness.



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HALLE BERRY

Before They Were Famous

BY ANGELA BEKIARIS

THEY'RE big stars now, but it wasn't always the case...

SHE'S got the looks, the body, the brains and the talent – and she's everyone's favourite Catwoman. Halle Berry has won Oscars, dated successful men and become a mom since starting out in Hollywood, but apart from putting some serious cash into her bank account, she's also become a household name. We look back at her past – before fame came knocking on her door.

✻ SHE was born **Maria Halle Berry** on August 14, 1966 in Cleveland, Ohio, USA.
✻ HER name was legally changed to **Halle Maria Berry** at the age of five.
✻ HER parents selected her middle name from the Halle Department Store, which was then a local landmark in her birthplace of Cleveland, Ohio.
✻ HER mother, Judith Ann, a Caucasian with English and German ancestry, was a psychiatric nurse. Her father, Jerome Jesse Berry, was an African-American hospital attendant in the same psychiatric ward where her mother worked – he later became a bus driver.
✻ **HALLE'S** parents divorced when she was four years old – she and her older sister, Heidi Berry-Henderson, were raised exclusively by her mother.
✻ THE star has said in published reports that she has been estranged from her father since childhood.
✻ SHE graduated from Bedford High School.
✻ DURING her time at school, **Halle** was a cheerleader, honour student, editor of the school newspaper, and prom queen.
✻ GROWING up, she worked in the children's department at Higbee's Department store.
✻ **HALLE** and her older sister, Heidi, spent the first few years of their childhood living in an inner-city neighbourhood.
✻ **HALLE** attended a nearly all-white public school, and as a result was subjected to discrimination at an early age. Her early bouts with racism greatly influenced her desire to excel.
✻ AFTER graduation she enrolled in Cuyahoga Community College and studied broadcast journalism for a while until she dropped out.
✻ BEFORE becoming an actress, **Halle** started modelling and entered several beauty contests in the 1980s. She won Miss Teen All American in 1985 and Miss Ohio USA in 1986, and went on to finish as the first runner-up in the Miss USA Pageant and came in sixth place in the Miss World Pageant in 1986. She was the first African-American Entrant.
✻ **HALLE** later travelled to New York and Chicago to pursue a career in modelling.
✻ IN 1989, **Halle** was diagnosed with Type 1 Diabetes.
✻ HER first big-screen break came when she was cast as **Samuel L. Jackson**'s drug-addicted girlfriend in **Spike Lee**'s critically acclaimed film *Jungle Fever* in 1991.
✻ SHE began a relationship with **Wesley Snipes** after meeting him on the set of *Jungle Fever* and later lost 80 percent of her hearing after being beaten by the actor.
✻ HER breakthrough film role was in the romantic comedy *Boomerang* in 1992, alongside **Eddie Murphy**, which led to roles in films such as the comedy *The Flintstones* (1994), the political comedy-drama *Bulworth* (1998) and the television film *Introducing Dorothy Dandridge* (1999), among others.

Halle in Grade Eight

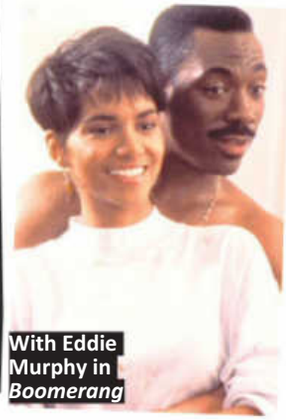
Halle with her mother, Judith Ann

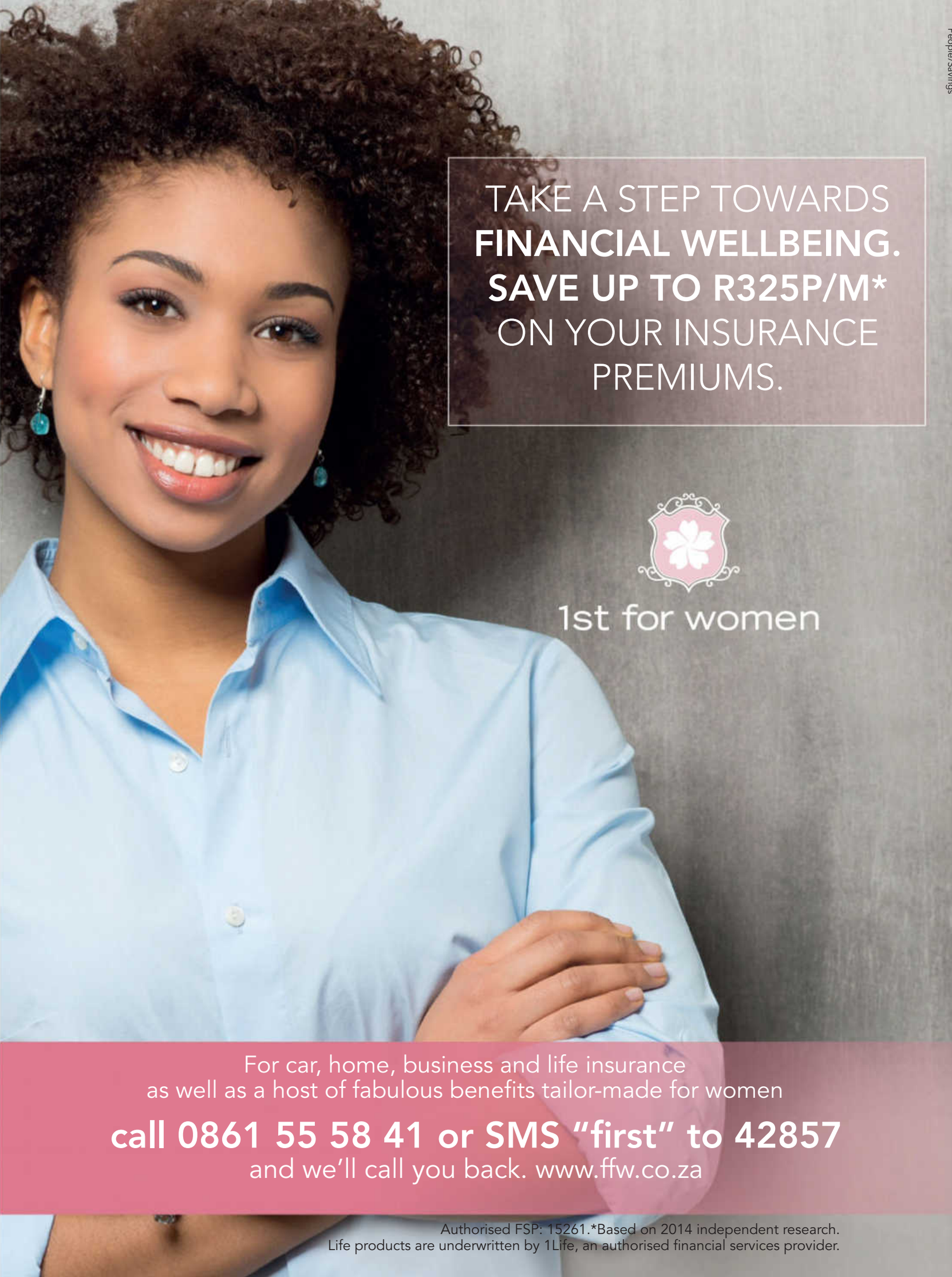
Halle with her sister Heidi

Halle in school chearleading

Halle in *Introducing Dorothy Dandridge* with Klaus Maria Brandauer

Halle met Wesley Snipes on the set of *Jungle Fever* in 1991


With Eddie Murphy in *Boomerang*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